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EARTH GARDEN'S Lytel Herball

No 15
JULY, 1976

— *illustrations from the old herbals*

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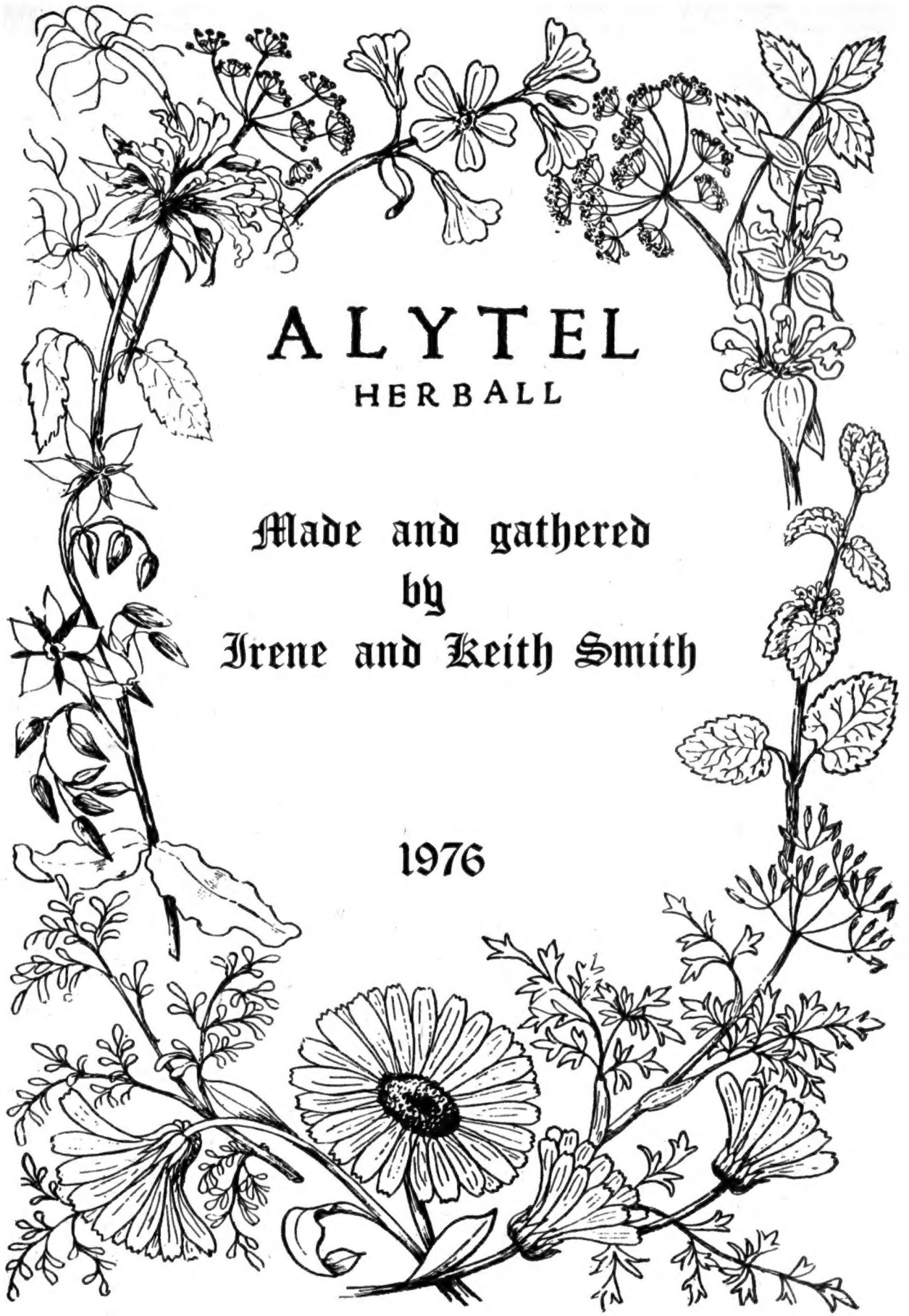
OPHELIA'S GARLAND

There's rosemary, that's for remembrance; pray, love, remember: and there is pansies, that's for thoughts.

There's fennel for you, and columbines: — there's rue for you; and here's some for me: — we may call it herb-grace o' Sundays:

— O, you must wear your rue with a difference. — There's a daisy: — I would give you some violets, but they withered all when my father died . . .

Hamlet, Act IV, Sc 5.



ALYTEL

HERBALL

Made and gathered
by
Irene and Keith Smith

1976

Our Lytel Herball is a special issue of Earth Garden magazine. We started EG back in 1972 to present a range of natural lifestyles, alternatives and self-sufficiency.

Earth Garden is intended as a key to sources and practical ideas, non-polluted living and growing, the bush, surviving in the city, the back-to-the-earth movement and the inner changes which follow then you're in tune with nature.

Let us lead you up Earth Garden's path to the good life.

We don't have advertisements in Earth Garden. that way we're not influenced by any vested interests. Books, places and products recommended are those we think relevant.

Edited and published by Irene and Keith Vincent Smith.

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EARTH GARDEN No. 15

Illustrations for A Lytel Herball

The figures of plants which illustrate Earth Garden's Lytel Herball are from original copies of herbals in the Richardson Collection, Special Collections, State Library of New South Wales.

The major works from which woodcuts of herbs have been reproduced are:

The Herball or Generall Historie of Plantes. Gathered by John Gerarde of London Master of Chirurgerie. Imprinted at London by John Norton, 1597. Illustrations used here are captioned: "from Gerard, 1597".

Petri Andreae Matthioli, Commentorium in VI. libros Pedacis Dioscoridis Anazarbei, de Medica Materia, etc. Printed in Venice, 1583. This is captioned: "from Mattioli, 1583".

A few illustrations have also been used from:

A new Herball, wherein are conteyned the names of Herbes in Greke, Latin, Englysh, Duch, Frenche, and in the Potecaries and Herbaries Latin ... gathered and made by Wylliam Turner, Phisicion ... Imprinted at London, 1551. Caption: "from Turner, 1551".

A Niewe Herball or Historie of Plantes ... First set foorth in the Deutche or Almaigne tongue, by that learned D. Rembert Dodoens Physition to the Emperour: And nowe first translated out of French into English, by Henry Lyte Esquyer. London, 1578. Caption: "from Dodoens, 1578".

See also Bibliography of herbals, page 66.

State Library of NSW, 1826-1976

This year, the State Library of New South Wales in Macquarie Street, Sydney, is celebrating its sesqui-centenary.

The Library has often been referred to as the "Mitchell Library" after the wing of the building built in 1910. At that time the main library was at the top of Bent Street, diagonally opposite its present location.

The General Reference Library includes a Special Collections section and reading room for rare books. Among the separate collections housed there is the Richardson Collection, consisting mainly of early English Bibles, but including other early printed books such as the 16th century herbals referred to in this issue.

Nelson Moore Richardson was an English gentleman who lived at "Montevideo", near Weymouth, England, and met many Australian servicemen at a camp there during the First World War. He had a fine collection of both manuscripts and printed books and decided to bequeath his collection to the Public Library, now the State Library of NSW.

The collection, which includes a number of herbals, was received in 1926. The Special Collections also includes some other early herbals, both original and in facsimile.

The illustrations in the old herbals were often hand-coloured by readers, using the plants as a model — giving each copy a personal touch. Others pressed dried leaves of the herbs in the book next to the appropriate reference.

WHAT IS A HERB?

"What is a herb?" asked Alucin, the English monk who was a tutor to Charlemagne.

"The friend of the physician and the praise of cooks," was the reply given by the Emperor, who loved herbs so much that he ordered some 70 types to be grown in his palace gardens.

Of course this is only one of the possible replies to a question which should be simple but somehow isn't. Most people will know that lavender, mint and parsley, for example, are called herbs, though they may not know why. At one time in the English language the word would have served to describe any growing plant. Derived from the Latin, **Herba,** it meant grass or herbage, and was applied to all crops.

The dictionary usually gives the botanical definition: "a plant whose stem is soft and dies down to the ground after flowering each year." Many of the plants which we think of as herbs would not fit this description, for example, rosemary and the bay laurel tree. Thyme and winter savory also have persistent woody stems.

The American Herb Society chose this meaning: "Any plant that may be used for pleasure, fragrance, or physic." So a herb is generally accepted today as being a plant for which some part is used either for food or flavouring, for its beauty, for its aroma, or for its medicinal uses. Charlemagne's answer has stood the test of time . . . more than 1000 years!

The distinction between herbs and vegetables, herbs and flowers, and herbs and weeds, really only began in the 16th century. Vegetable as a word replaced "potherb" about 1767. This was "a herb grown for boiling in the pot; any of the herbs cultivated in the kitchen garden".

On top of all this, the pronounciation of this four-letter word has changed through the years. The "h" was mute in English (as in Latin) until about the 19th century and is now pronounced. But in the United States, the "h" is still dropped in speech and American books speak of an herb garden, an herbalist and so on.

The Latin names used to classify herbs botanically are universal, so that somebody in Britain or the United States will know exactly what plant is meant by a particular name, even though local names may be entirely different. We use the system developed by Carl Linne (Carolus Linnaeus), the Swedish botanist, where that is still in common use. Otherwise we use the currently accepted name.

The majority of herbs belong to three major families — the mint family (Labiate), composites (Compositae) and the carrot or parsley group (Umbelliferae). Some are members of the Mustards (Cruciferae) and the Borage family (Boraginaceae).

The mints include balm, basil, sage, clary sage, marjoram, rosemary, savory, thyme and the usual mints. They all have square stems, simple leaves and two-lipped flowers occurring in whorls among the leaves.

The carrot family, whose seeds are used for flavouring, includes anise, caraway, chervil, dill, fennel, cummin, lovage and parsley. Their stems are cylindrical and usually hollow and the flowers form in flat-topped clusters called umbels.

Flower head of a Composite (left), a disk flower enlarged (right, above) and a ray flower (right, below).

The composites have ray and disc flowers combined into a single tightly-packed head. They often have plumes to help wind dispersal of seeds. These include chamomile, dandelion, chicory, coltsfoot, tansy, marigold, southernwood, tarragon and yarrow.

The borage family takes in borage, forget-me-not, anchusa and comfrey. The mustards include honesty, upland cress, watercress, woad and mustard. Rue is the main member of the Rutaceae, burnet is a Rose family member (Rosaceae) and the bay laurel is a Lauraceae.

These are the "clan" names of the plants. They also have generic names, often derived from the Greek, corresponding to human surnames, such as Calendula, the Pot marigold. To these are added the "first names" (in this case officinalis) usually called the specific names. When you see officinalis or officinale as a specific name, it means that the plant has been used in the past for its medicinal value.

If many specific types are listed, the generic name is cut down. For example, Mentha spicata, M. citrata etc. among the mints.

There is a further breakdown which gives the best clues to the growing habits of the herbs and how they may be propagated. Annuals are plants which complete their life cycle in one year. They bloom in three or four months after planting, flower by five or six months. Then their seeds mature and they die.

Biennials usually live two years, growing from seed the first year. Then they die down or go dormant, returning to flower and set seed in the second year. Parsley is a well-known biennial.

Perennials live three years, or much longer if well cared for.

Most herbs can be propagated from seed, though many are grown more easily by division of the roots, layering or stem cuttings. The different methods of propagating plants have been well-covered in Anthony Tyrrel's excellent articles, The Seed Primer (EG11) and Divide and Multiply (EG12).

These annuals grow well from seed: anise, basil, borage, caraway, coriander, dill, fennel, marigold, nasturtium, summer savory. Perennials to grow from seed: catnip, hyssop, lovage, marjoram, rue, sage, sweet cicely, thyme, winter savory. Sow after the soil has warmed up in spring, to about late summer. Lavender

and rosemary grow very slowly from seed and are best grown from stem cuttings.

Parsley, the biennial, needs patience.

Some perennials are best propagated by dividing the roots into pieces in spring. They include balm, chives, comfrey, germander, hyssop, marjoram, mints, tansy, thymes, violet, wormwood and yarrow. When you split the root clump of comfrey, amost every piece will form a new crown if replanted immediately.

French tarragon, which rarely sets seed, and horseradish, are usually grown by root cuttings or divisions.

Stem cuttings, one-to-three inches long, may be taken from new growth of healthy plants and rooted in pots filled with sand, vermiculite or compost. This is best done in spring. Take stems from: balm, geranium, germander, lavender, lemon verbena, marjoram, rosemary, sage, thyme, southernwood, winter savory.

Layering is the best way for mints — a mint bed can easily get out of hand. Sage, thyme and savory may also be stem-rooted and cut for transplanting. Santolina, or cotton lavender (Santolina chamaecyparissus) is difficult to raise from seed. Take stem or root cuttings.

All the herbs we list here are fairly common, all available in Australia either by ordering plants or seed. Of course, our choice is purely personal and is strongly influenced by their folk history or beauty.

We have made a point of growing all the herbs we did not know previously, so that they are all old friends. This way we have been able to cross-check readily, between the State Library, our own books, and the plants themselves in the garden as the final authority. Most of these are aromatic, most culinary, all medicinal.

HERB SPRAYS

BY DOROTHY COCHRANE

Tansy spray.

Tansy is generally used as an insect repellant. Dried leaves placed in cupboards help keep pests at bay.

It may be used as a garden spray. Make a stiff solution of the juice, strain and add to a pure soap solution, then weaken at about one-to-50 parts water when spraying. This helps with curly leaf on peach trees.

Marshmallow (round leaf, not unlike geranium) made into a spray, or hung over the trees, also seems to help with curly leaf.

A quantity of stinging nettle soaked in water for 24 hours and then sprayed out in fowlhouses and wood sheds will help to keep lice at bay.

An excellent liquid manure is made by steeping plenty of stinging nettle in a drum of water. This is left for a month, then weakened with more water to spray over the soil. This is not meant to be sprayed directly over leaves — if this happens rinse off quickly with a hose. The stinging nettle tea is excellent for use in compost mixtures, or mix in fresh nettles with other matter.

A garlic spray for white butterfly:

This was passed on by a fellow gardener and has been very successful. Crush 3 ozs garlic. Pour over two teaspoons paraffin oil. Cover and soak 48 hours. Then make a pure soap solution, say ¼-oz soap powder in a pint of hot water. Pour over the garlic mixture. Leave for one day, then warm slightly and strain. Bottle. Use 1-to-100 parts with water, or less, depending on the problem.

There are so many classes into which herbs can be categorised, and so many uses for each, that anyone involved with these wonderful plants could fill several books. Don't worry, that's not my intention here. Perhaps some general information on growing herbs, with their requirements, would be the most useful, followed by some brief hints on using a number of culinary herbs.

In most instances herbs are hardy plants, making few demands on the grower and so are extremely rewarding. Those grown in containers need more attention, but more of that later.

Any normal garden soil will grow healthy and flavoursome herbs, but they do require good drainage, not too much water and a fair amount of sun.

Sometimes, in a poor soil, fertiliser is necessary. Probably once or twice a year a dressing of fertilizer should be added, preferably in the form of well-rotted animal manure, or blood-and-bone. **Remember that artificial fertilizers will sometimes kill herbs — and don't overdo even natural fertilizer.** You will probably produce beautiful, lush looking plants, but to the detriment of the flavour and essential oil content. The aim, then, is to have good, healthy plants, but not with that soft, too well-grown look.

INDOORS

Growing herbs indoors can also be successful, useful and attractive, under the right conditions, and with the extra care that is necessary. One must remember that they are not naturally indoor plants, having frequently come from growing wild in the fields of England and from the Mediterranean countries and North Africa.

Choose pots of 6 inch size, or larger for individual plants, or hanging baskets or planter boxes. These may be of plastic, earthenware, wood or polystyrene, all of which are suitable. A drip tray is essential and, incidentally, do not leave water in the tray as the plant will become completely soggy.

It is impossible to say how frequently plants should be watered, as it depends upon so many factors — potting mixture, temperature, type of container, size of plant — but the soil should be just moist, and preferably never allowed to dry out.

A room with good light, some sun during the day, if possible from the east or north, and a place free of draughts is best. Air-conditioning is detrimental, so is dry heat from a fire or heater and the steam, often somewhat greasy, which comes from the cooking on the stove, so keep plants away from these conditions.

Each indoor plant should be fed with ½-1 teaspoon of blood and bone about once a month, or as required, to keep it in good shape and condition.

IN THE GARDEN

You may wish to grow herbs in your present garden, amongst your vegetables, or in your flower garden. This is a good **companion planting** scheme, as herbs help keep wogs away and help keep your other plants healthy.

Their perfume contributes very much to the pleasure of the grower — and of the bees, which gather around the flowers in great numbers. It would be a good idea to keep a beehive or two close to the herb garden.

On the other hand, you may wish to have a traditional herb garden layout, as in the old gardens of English castles and monasteries. Probably something less formal is more suitable to Australian conditions and probably more indicative of individual personality and requirements.

If the aspect is suitable — giving plenty of light, some

Growing herbs in pots and shadehouse.

View of the gardens at Elvyn Park.

Your herb patch

BY JAN WHEELER

sun, though not a scorching sun against a western wall — it is a good idea to have a herb garden easily accessible to the kitchen. Here you may grow the more frequently used culinary herbs.

Those which assist in repelling insects may be grown in pots next to a much-used entrance door and round about an outdoor living area and barbeque. Recommended for this purpose are **basil, lad's love, tansy and rue.**

AROMATIC HERBS

Plants such as **scented geraniums, lemon verbena, eau-de-cologne, mint,** to mention just a few, should grow in a spot where you can brush them as you walk past, adding a delightful **perfume** to your garden — and your life. These plants also release their aroma when sprayed with a hose. This seems to be more pronounced when the sun has gone from them.

Other uses for **perfumed herbs** are in **pot-pourri, lavender sachets** (or other types of sachets), **pet's pillows, sleep pillows,**and **'mice' stuffed with catmint** for the cat to play with.

Pot-pourri is a mixture of dried herbs and spices, used for perfuming a room or cupboard and will last for years. It may consist of **dried lavender, scented geraniums, lemon verbena, rose petals, orange blossoms, wall flowers and eau-de-cologne mint** mixed with **orris powder** and aromatic spices, such as **cinnamon** and **ground cloves,** and oils such as **rose geranium** and **lavender.**

These ingredients are all mixed well, then placed in a glass screw-top jar or earthenware crock and stored for about three months to mature, when they may be placed in pot-pourri jars or sachets.

Lavender sachets are made by placing dried lavender flowers in small bags made for the purpose, usually with dainty muslin, and tying with a matching satin ribbon.

TISANES

Teas, or Tisanes may be made from a number of herbs, and these frequently have a beneficial effect. They include **chamomile, peppermint, lemon balm, lemon grass, parsley, rosemary, sage.**

In most instances it is only necessary to put a small amount of the herb in a cup, fill with boiling water and allow to steep for a few minutes. Remove the herb and sweeten with honey or raw sugar if desired.

With **lemon grass** it is necessary to place the herb, cut into ¼ inch lengths, into a saucepan, add water and simmer for a few minutes. Strain into a cup and again sweeten if needed. Never add milk to herbal teas.

COOKING

In using fresh herbs in cooking, a general rule to remember is that about three times as much fresh herbs are required as against dried herbs. With experience, your palate will tell you your requirements, which may be more or less than someone else.

Also, you don't want a casserole to taste of, say, **oregano** or **lovage** predominantly, but rather it should have a subtle additional flavour. Next time you have a casserole, using a different herb, or herbs, the flavour will also be quite different.

It is best to pick herbs for cooking as late as possible before you use them, so that the essential oils and flavours will be retained to their maximum. Rinse them under the tap, remove the leaves and chop them finely and add them, usually in the last five minutes or half hour, depending on the length of time needed to cook the dish. Naturally the shorter the cooking time, the less time the herb should be in it.

Herbs are a wonderful addition to **salads.** So many may be used in this way — **lovage** and **celery herb,** with their celery flavour, **upland cress, basil, lemon balm, chives** and many others.

An excellent combination to add to a tossed salad of **lettuce and tomato** is basil, cress, **salad burnet** and lemon balm . . . I recommend it!

Here is a list of culinary herbs which are well worth growing and using. Remember you can often use a combination. Don't feel bound to use only one. And use them where you appreciate the flavour. These are only suggestions. It's a good idea to experiment and learn to know your herbs as well as your own favourites.

CULINARY HERBS

BASIL, SWEET (Ocimum minimum), annual, 2ft. Leaves in salads, tomato and potato dishes, lamb's fry, soups and stews.

BAY TREE (Laurus nobilis), 15-30ft. Leaves for bouquet garni, boiled meats, casseroles, custards.

BERGAMOT (Monardo didyma), 3ft. Leaves and scented flowers torn up into salads. Leaves also used in herbal tea and in pot-pourri.

BORAGE (Borago officinalis), 2ft. Cucumber flavoured leaves and flowers in drinks. Young leaves in salads, larger cooked as greens.

CELERY HERB (Apium graveolens), biennial, 3ft. Leaves used where celery flavour is required.

CHICORY (Cichorium intybus), 3-8ft. Young leaves in salads, older leaves cooked as green. The roots may be dried, ground and used as, or with, coffee.

CHIVES (Allium schoenoprasum). Chopped "grass" gives onion flavour to mashed potatoes, cheese spreads, seasonings.

CHIVES, GARLIC (Allium neapolitanum). Garlic flavour, used as above.

CHIVES, SIBERIAN. A larger, more prolific variety to supplement other chives in winter.

COMFREY (Symphytum caucasicum), 2-3ft. Young leaves in salads, older leaves cooked as green. Has much medicinal value.

CORIANDER (Coriandrum sativum), annual, 1ft. Leaves with poultry, meats, spicy seasonings.

CRESS, AMERICAN UPLAND (Barbarea vulgaris), biennial, 9 inches, spreading. In salads, sandwiches and as a garnish for grills.

DANDELION, ENGLISH (Taraxacum officinale), young leaves in salads or put through the juice extractor. Tea or beer. The roots dried and ground may be used instead of coffee.

FENNEL, FLORENCE (Foeniculum vulgare dulce), annual, 2-3ft. Leaves in mayonnaise and fish dishes, bulbous stems in salads.

GARLIC (Allium sativum). Cloves used in flavouring.

GLOBE ARTICHOKE (Scolymus cardunculus), 6-8ft. Collect the flower heads before they open, boil 20 minutes and serve with melted butter or oil and vinegar.

HORSERADISH (Cochlearia amoracia). Tender young leaves in salads, the roots dried, ground and used in sauce.

LEMON BALM (Melissa officinalis), 1ft. Leaves in tea, drinks, jellies, salads.

LEMON GRASS (Cymbopogon citratus). The strap-like leaves chopped and added to curry, meat and fish dishes, and as a herbal tea.

LOVAGE (Levisticum officinale), 3ft. A strong flavour of celery and parsley, used where these flavours are required. Excellent in casseroles, salads, tomato sandwiches.

MARJORAM (Origanum marjorana), 2ft. Leaves in many dishes — meat, cheese, tomatoes.

MINT. Many varieties. Mint sauce, pork dishes, cooking with peas, potatoes.

OREGANO (Oreganum vulgare), 2ft. Stronger flavour than marjoram. Used for pizza, tomatoes, spaghetti, casseroles, grills, stuffed eggs.

PARSLEY, CURLED (Petroselinum crispum). Biennial. Well known garnish.

PARSLEY, ITALIAN (Petroselinum crispum neapolitanum), biennial. Stronger flavour and grower than curled parsley.

PENNYROYAL (Mentha pulegium), matting plant Leaves give peppermint flavour to new potatoes or in cream cheese.

ROSEMARY (Rosemarinus officinalis), 4ft. Leaves chopped in stuffings and plain scones, meat, fish and vegetables. Sprigs in baked leg of lamb.

SAGE (Salvia officinalis), 2ft. For seasoning poultry, pork, veal and with cheese.

SALAD BURNET (Sanguisorba minor), 1ft. Mild cucumber flavour in salads and drinks.

SAVORY, WINTER (Satureia montana), 1ft. Flavours casseroles, beans, marrows.

SORREL, FRENCH (Rumex acetosa), 2ft. Used in salads, soups, stews.

TARRAGON, FRENCH (Artemisia dranunculus), 2ft. Flavours vinegar, fish sauces, salad dressings, stuffing for chicken.

TARRAGON, RUSSIAN (Artemisia caucasia). Same as above with coarser leaves.

THYME. Different varieties, used for flavouring stuffings, tomato and cheese dishes.

All of these plants and many more, approximately 130 varieties, are to be seen growing at our nursery and are available in pots for anyone wishing to begin a herb garden, or possibly develop one already established. We are always happy to give assistance and advice to visitors — so perhaps we shall see you?

In the meantime, good gardening, good eating and good health.

Jan Wheeler, Elvyn Park Herbs
Portsmouth Rd, Erina, NSW, 2250
Phone 67 7546 (Gosford)

A walk through my garden

BY CAROLINE NANCARROW

A few thoughts on herbs as I walk round my suburban garden . . .

I am very keen and grow and use as many herbs as possible for many diverse purposes. Until last September all my herby growth had been in pots, pretty successful, indeed I had nothing to complain about. This year, however, we have moved to a house with a real garden. Such a thrill! And such a novelty to see again how plants can and do grow, given more space to themselves.

As I walk around, I can see several plants of **borage** — I use the blue flowers in a salad of flowers: red and pink **rose petals, nasturitums** of orange, yellow and red. It makes a stunning and quite tasty bowlful. They say borage leaves have an actual cooling effect when floated in a summer drink.

We also have **comfrey** and use it in the compost heap. I've read somewhere that it aids the breaking down of waste matter there, and it does seem to be effective. Apart from that there's nothing else we use it for. I've seen recipes (an elderly friend of my mother, in England, still refers to them as 'receipts' — shades of **Gerard's Herball!)** for deep-fried comfrey leaves in batter like "green and golden fishes" someone described them. But we've not been game to try — the leaves are pretty rough looking. **(Dear Caroline — we often eat comfrey this way: it looks and tastes lovely and the leaves go quite soft — Keith & Irene).**

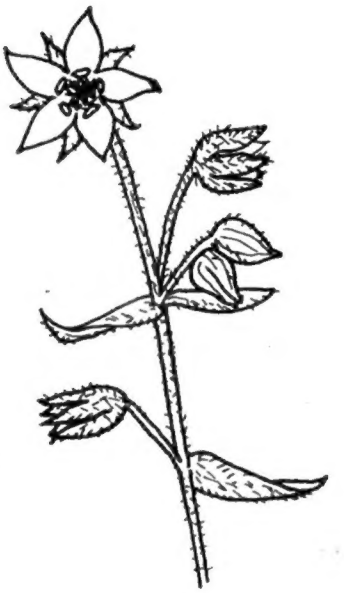
One thing I do mean to try though: next time I have bronchitis, I shall get Mervyn to make me some comfrey tea, as that is supposed to be good for a bronchial cough.

Another aside here — we read in **The Mother Earth Almanac** that chihuahua dogs are supposedly beneficial companions for the sufferers of asthma and bronchitis. Well, I've had bronchitis really badly every winter of my life since I was three, but since we've had Florence — **before** we read the article, actually — I've had nothing worse than a tickle in the throat; so maybe there's something in it.

Back to the garden . . . I have a flourishing **tansy** plant, reputedly an insect repellant, used often to keep ants away, both indoors and out. It has feathery leaves and clusters of dry yellow "buttons" for flowers.

We use it, steeped in boiling water like tea, for a hair-rinse after a shampoo. Lovely fragrance and so much cheaper (and nicer) than all those so-called "rainwater-soft", conditioners and so on on the chemist's shelf. The flowers, hung upside down to dry, retain their bright yellow colour very well and make a pleasant splash of colour in a brown pot through the winter.

There is **tarragon** for chicken dishes and bottles of tarragon vinegar. Steep a generous handful of fresh tarragon in a jar of white wine vinegar, tightly capped, for a week or so. Discard the tarragon and repeat the process until the flavour in the vinegar is strong enough. Then bottle, with a sprig of the herb in each jar.



BORAGE

You've never tasted poached eggs until you've poached them in water containing a tablespoon of tarragon vinegar! It also makes a fabulous salad dressing and mayonnaise — a really subtle flavour. Little bottles of the vinegar, and **basil, garlic or dill** vinegars make beaut presents too, I find.

We grow **dill** and I make our own dill cucumbers. Have tried several recipes, of which here are two. The first is tried and tested. The second sounds like a good idea and I would have tried it this year, but the wretched plants haven't produced enough cucumbers for there to be a surplus to dill!

When our baby was tiny I also made **dill water** in case she was troubled with indigestion or colic. She wasn't though, so we only used that once. If you want to make it, boil a tablespoon of dill seeds in a pint of water, let cool, strain and bottle. Dose: a small teaspoonful.

I have two sorts of **thyme** here: the common garden thyme, which is used for stuffing for poultry and sprigs in soups and stews, and the variegated lemon thyme, which is pretty, and out-lemons any lemon! Actually, I find it a bit overpowering. I have used it with fish, where it is quite pleasant if used sparingly, and in herb butters for fish or steak, but it is nicest, for my money, just to look at!

Parsley we grow in abundance. We think it makes a lovely salad in its own right and we add it to just about everything, usually in combination with **chives,** or **tarragon,** or **thyme.** The children pick a sprig to chew on, and it's a fine source of Vitamin C, although by chopping it up finely, as most recipes advocate, you lose most of that.

You should always **tear,** not cut, leaf vegies such as lettuce, cabbage, etc, and if you simply must cut them up small, use scissors rather than a knife, or one of those lethal parsley cutters of various descriptions you see in hardware shops.

Salad burnet is another pretty salad herb we have growing. It's got a cool cucumber flavour, nice in rice salads, or with other leaves in a green salad. **Bergamot,**

DILL.

Genuine sour dill pickles

Combine the following in a non-metallic vessel:

1 quart vinegar, 2 cups water, 2-3 tablespoons **non-iodised** salt. Soak overnight in this liquid small whole cucumbers or gherkins or larger ones cut to manageable size. They **must** remain submerged, so put a plate over the bowl and weigh it down well.

In the morning, drain the liquid off and bring it to a boil. Add the cukes and return to the boil. **Immediately** place the cukes into hot jars, in the bottom of which you have already put: 1 clove of garlic cut in half, 1 bay leaf, 1 chunk of red pepper (or hot chilli), 1 head of fresh dill **or** 1 tablespoon dill seeds.

Bring the liquid back to the boil and pour over the cucumbers, leaving ¼-inch headspace. Put a repeat assortment of garlic, bay, chilli, dill on the top and seal the jar. Good the next day, but better if allowed to age.

Another method : 1 quart vinegar, 3 cups water, 1 cup salt, unblemished cucumbers, 2 cloves garlic, 1 tablespoon pickling spices.

Combine the first three ingredients and bring to a boil. Fill a large, wide-mouthed crock or jar with cleaned cukes, dill, garlic and spices. Let brine cool slightly and pour over the cucumbers. May be eaten after a few days. Replace cucumbers as they are used.

also known as Oswego tea in America after the Oswego Indians who drank it, we have; and **lemon balm.** Both of these we use as tea, the lemon balm also goes with **eau-de-cologne mint, rose geranium** and the lemon thyme into the **pot-pourri** bowl.

The **rosemary** bush is probably the one with the most uses, also fragrant in the pot-pourri bowl. In cooking I always sprinkle it on lamb chops as they're grilling and on roast lamb before putting it in the oven. I also make **rosemary oil** in the same way as herb vinegars — use a good quality salad oil. This is needed for salad dressings and to baste chops on the barbecue. Try tossing a sprig of rosemary on the coals after you've finished cooking and enjoy another natural "incense" as a change from gum leaves . . . or mix the two, maybe?

Another use for rosemary is as a hair rinse, either on its own, or with **tansy.** It is good for dandruff. Even more efficient as a dandruff cure is **Oil of Rosemary,** which you can order from the chemist. Use just a little, rubbing into the scalp with the fingertips. It doesn't leave your hair greasy and of course it has a pleasant smell. Wash off the next day, and repeat process at three-or-four day intervals until the scalp is clear.

It is said that rosemary will repel silverfish, so I've put sprigs of it behind the books in our shelves. **A moth and silverfish repellant** mixture which I've read in a couple of books is as follows:

½ lb dried rosemary, 1/3 lb dried mint, ¼ lb dried tansy, ¼ lb dried thyme, 2 tablespoons fresh crushed cloves.

Mix well together. Put into muslin bags and lay amongst clothes in drawers and cupboards.

Even if these old remedies **aren't** as efficient as they say in keeping the moths and silverfish at bay, they'll make your house and your clothes smell delightful.

While on the subject of sweet-smelling herbs and their uses, a digression about **pot-pourri.**

POT-POURRI

I have made several different mixtures in recent years and you can go on adding to jars made in previous years. I take quantities from already-made pot-pourri and put it in thin cotton, lawn or silk bags for putting in clothes drawers and cupboards. Again, a nice idea for a present. The mixture is more fragrant and longer lasting than **lavender** on its own.

Pot-pourri, however you make it, will smell better and better as it ages — I once smelt a bowl of pot-pourri which had been made at the turn of the century by a friend's grandmother and it was still lovely.

I use whatever is available in my garden — and other people's gardens. Don't worry about some recipes which say 1lb of this and an ounce of that, just strew in handfuls of anythings aromatic: **rose petals, lavender, eau-de-cologne mint, lemon balm, verbena, rosemary, scented geraniums, marigolds, etc, etc.**

All must be dried until they are like paper, ideally on flywire screens, raised up on bricks to allow air to circulate, but I have also dried on sheets of newspaper, hung herbs in bunches or in muslin bags. The latter is a good idea, because then the dust can't settle on your herbs. It's especially good for herbs you hope to eat later.

The pot-pourri will also benefit from the addition of some spices such as **cinnamon stick, vanilla pod, cloves,** allspice **berries, aniseed or nutmeg,** crushed or broken up slightly to bring out their aroma.

You work out the combination you like, it's a very personal thing, pot-pourri making. You can make a very subtle "flavoured" mixture, using herbs alone, or **basil, mints and thyme.** Whatever you use, you **must** add a handful of coarse non-iodised salt after every layer of petals and leaves (salt with **bay leaves** crushed up in it is old-fashioned and nice).

Another addition, which is not absolutely essential, but which is used in all the old recipes, and which does help to preserve the mixture almost indefinitely is **powdered orris root.** This is the root of a variety of **iris,** which, amazingly, smells of violets. It is quite expensive, order it from the chemist, but one 250gm pack will last you for ages.

Keep pot-pourri in earthenware crocks or glass jars with tight corks or stoppers, and lift the lid, and stir the contents once in a while to fill the house with sunshine.

POMANDERS

You can also use orris with **ground cinnamon** for **pomander** oranges, lemons, cumquats, and apples. Stick the fruit with **whole cloves,** roll in a mixture of a teaspoon each of orris and cinnamon powders and wrap in a paper

tissue, or leave in a warmish place until dry. I lie ours along the mantlepiece, so we get that lovely smell in the living-room too! When they're dry and shrunk, use in the linen press and clothes boxes.

In my walk around the garden, I've lost track of the herbs. In my mind, I'd got to the useful rosemary bush and the lavender — I've used them, singly or together, in **muslin bags in the bath water;** with a handful of Epsom salts, beats "Radox" every time! Do use the bag, though, nothing's nastier than sitting on twigs in the bath.

Basil we've always grown, for Mervyn is a tomato wizard; even in England he always managed fabulous outdoor crops of tomatoes. We've had the little bronze ornamental basil as well as the ordinary bush sort, but although it's pretty, and its smell is almost identical, it didn't do as well.

This year my basil is sharing a bed in true companionship with tomatoes and the bush is nearly four feet high and three feet wide — a source of great wonder to a number of our friends.

We eat basil in cream cheese and/or tomato sandwiches, on pizza, in stuffed tomatoes, tomato juice and tomato sauce. I have dried it for winter use, but it loses quite a lot in the process, so this year I'm going to freeze it. I always have a bottle of basil vinegar in the pantry too, it makes a lovely dressing for rice or tomato salads. The oil is also nice over tomatoes, so we store a bit of summer that way too.

We have the **mints** of course, all "tamed" in big pots, so they won't run wild through the garden, as my mother's **eau-de-cologne** mint has. She has been giving away roots for years now, but still it appears everywhere, lovely in itself, but she has difficulty in finding room to grow anything else.

We have peppermint, spearmint, pennyroyal, variegated apple mint and of course the ubiquitous eau-de-cologne.

They are all useful, all smell delightfully fresh and clean. It's good to chew on a leaf of peppermint after a garlicky meal and nothing is as soothing as **peppermint tea** when you're feeling a bit sick. When I was pregnant last year, it was the only thing I really enjoyed drinking and helped to combat the nausea of early pregnancy and the heartburn of the later months. Perhaps I should have tried the **dill water** recipe for myself. Next time I will.

The spearmint and apple mint I use in mint sauce and in mint jelly to serve with lamb, also when cooking peas or new potatoes. We are using peppermint and pennyroyal as **flea control for the dog:** boil a good quantity of the herbs in water and wash the animal in the cooled liquid.

You can make **animal flea collars** at home by soaking plaited string or candle wicking in oil of pennyroyal (again from your chemist). Florence certainly **smells** fresh. We have just recently read about these remedies, so cannot yet report on how successful they are, but we are hopeful. Anything must be preferable to the cyanide treatments for fleas sold at pet shops and the expense of the "insecticidal" pet collars, made from I-know-not-what.

Garlic we've planted with the roses which were already in the garden, and hope for a companion situation like the one we have in the basil/tomato department. **Chives** we find useful in **herb butters,** cottage cheese, with baked potatoes, in tomato sandwiches — a hundred uses and, miraculously, the more we pick, the more chives there are. I had one clump in a big pot at our previous place which I divided into three clumps this spring. We've eaten and eaten, but I should really divide them again now and then we'll have nine clumps — and so, ad infinitum?

This is in fact, I feel, one of the greatest joys of herbs, that you can share them so easily with friends. Almost all can be divided, **sage, thyme, mints,** certainly; some take from cuttings very easily: **rosemary, lavender and sage;** and some, like **borage** self-sow easily, or you can gather the seeds carefully, shove it out and plant again.

I've made some beaut friends through herbs, exchanging recipes and hints for use with strangers in the market and so on. In fact the eau-de-cologne mint I have now is one given to me by a good friend the first summer we were in Australia, five years ago. Then she went to Europe and returned to a different house, so I was able to give her back a root of that mint, by then much increased in size.

When we moved here, my mint was dormant and so I had to leave it behind, but Felicity came to the rescue with a root from the original plant — I wonder if it recognised me!

We try to gather herbs when we're out. I have a very special jar of pot-pourri made last year when we spent a month in Tasmania. We gathered wild rosemary from one valley, wild mint from Bruny Island, some funny little sweet-smelling bush lupin-type flowers, and daisies from various spots and hung them in bushes round the inside of our Hi-Ace van. I've only to lift the lid of this jar to remember many kind people and many lovely places. One day we'll be back, Tasmania.

Walking back indoors, we have **mustard** and **cress** growing for salads and sandwiches; this is the children's herby contribution. I have a pot of very hot chilli peppers, very pretty to look at and to go in all sorts of pickles, the dill cucumbers, pickled onions, piccalilli and some curries. I dry these and bottle them for winter use.

Thyme, sage and rosemary dry well. I have a thick curtain wire hanging across the ceiling of my pantry, where muslin bags of herbs hang until they're dry. Do pick over the herbs well before you hang them up: a couple of years back I opened a bag of dried mint, only to find a few old twigs, a large pile of droppings and very fat caterpillar spinning his cocoon!

Parsley, sage, and this year mint, I freeze, some chopped up in ice-cube trays and some in sprigs inside plastic bags.

I am always looking for new (but mostly they seem to be old, but rediscovered) ideas for using herbs. We have quite a few books on herbs and a lot more are available, but the nicest and most useful, I think are Dorothy Hall's **The Book of Herbs,** published by Angus & Robertson, with really useful and lovely to behold drawings by Astra Lacis; Rosemary Hemphill's **Herbs and Spices,** a Penguin paperback — this was the first herb book I had about eight years ago and it is still, many, many books later, quite one of the most readable and useful; also Rosemary Hemphill's **Herbs for all Seasons,** with lovely, fanciful, but very recognisable, illustrations by Clair Simpson, and a great number of ideas for using unusual herbs, unusual plants and unusual fruits through the year. Another Angus & Robertson book.

With our best wishes, Mervyn, Caroline, Sarah, Emma & Kate Nancarrow — and Florence!

Try tonic teas

BY BEULAH ERDMAN

We often overlook the reason for the original need for herbs. These plants have an important place on this earth and for man as well, so they have a twofold purpose in the cycle of life.

Just as we prepare for a new baby in the family, so our creator prepared all the needs of man before we came into being, so that we would want for nothing. There was great planning of the earth and for our survival in the future.

Man has been made up of 30 main minerals, all of which influence our health and personality, but the 15 I will give you are the essentials needed to maintain the body at a top level of efficiency. Each of them needs the other minerals, for together they assist vitamins, proteins, amino acids, enzymes, carbohydrates, fats, sugars and other necessary elements in the body.

They are: 1 Calcium, 2 Chlorine, 3 Phosphorus, 4 Iron, 5 Iodine, 6 Copper, 7 Sodium, 8 Potassium, 9 Magnesium, 10 Manganese, 11 Fluorine, 12 Group: Carbon-Hydrogen-Oxygen-Nitrogen, 13 Sulphur, 14 Silicon, 15 Zinc.

Now all these minerals are already in the earth and herbs contain some, or in many cases, almost all of these, so you can see why we find ourselves so close to nature's ways as we need to replenish our body's needs and deficiencies.

To relate the function of these minerals to the body and then the herbs that would contain the same would take me more pages than could be allowed. So I have selected a few of these herbs and what I have found out for myself in their practical use.

1 Alfalfa Tea (Lucerne), 2 Borage, 3 Lemon Balm (Melissa), 4 Chamomile, 5 Catnip, 6 Lemon Grass.

All these herbs may be used as a tea and are very valuable for the nervous system as well as for general toning up, particularly **Alfalfa** as this contains iron, magnesium, phosphorus, sulphur, sodium, potassium, chlorine and silicon, calcium and Vitamin K, used for the clotting of blood.

Borage is from the Comfrey family and there is little need to expound on that one, as it has all been said before. You can use a decoction of this to bathe the eyes, and increase mother's milk. It is valuable in cases of hepatitis.

Lemon Balm is good for migrane and has a calming effect on the nerves as well as a tightening action on tissues so as to stop or slow discharge from mucous membranes. When taken cold it relieves fever and can be used for painful or suppressed menstruation.

Chamomile: The flowers of this plant are used. They will soften skin and strengthen and give tone to the stomach. Expel gas, aids digestion, prevents fermentation in the stomach. Good for all female troubles, colic in infants, intermittent fever and typhoid, especially for babies while teething.

Catnip and **Lemon Grass** have much the same effects as Chamomile.

We need to take at least two pints of liquid each day for the proper care of kidneys, so it is more beneficial for us if we can drink a tea that is going to give us better health. We must remember that the herbs do not heal but help the body to perform the function that is necessary.

All these teas are readily available at health stores, but if you grow your own the fresh plants are always much better.

Keep in mind that each person's chemical composition is different. What may help one person may not help the other. Try to find the tea or the herbs that will suit your needs and you will be pleased with the results.

For your hair use Chamomile, Lavender, Sage, and Rosemary, together or separate, and you will have lovely, thick, shiny hair in no time. Just boil a handful of each for 20 minutes and strain. Use as a rinse after washing.

For cuts and any external bleeding always keep a decoction of Sage in the refrigerator and apply when needed. This stops all bleeding immediately. We have used it with small children and even with my husband's shaving cuts.

For sore throats and colds drink half a cupful of Sage decoction twice a day. This will save you doctors' bills. **For ulcerated gums** use fresh leaves on the area. It will go within two hours.

I don't recommend any herbal remedies unless I have tried them first. Most of what has been written has been by authors overseas and, I feel, repeated a great deal through the ages. Our Government does not see the need to research these wonderful plants that can offer us so much, so it's up to us to try them to see just how they can help us.

There is a need for a seminar on the wide subject of herbs and we particularly need a Herb Society here in New South Wales. We have a group in Queensland in their first year and one in Tasmania going into their second year. There are several groups in New Zealand who have been progressing for six years and doing very well.

In America there is a large Society which works with the Government there, researching native herbs with the help of the American Indians and spending great sums of money in marketing and the use of herbs.

If you have any problems with your plants or you are looking for any particular herbs, then write with a stamped, addressed envelope and I will see what I can do.

Although the summer season was not a good one this year and many of our stock plants have been lost, growing herbs is such a wonderful hobby that one cannot get down-hearted — so we try again. All these plants are imports from other countries, so we must give them more care and understanding than most. They do not like wet feet, nor our hot Australian sun. If you are not sure where to plant herbs, always put them in shade or semi-shade. Good gardening.

If you would like a list of herbs available from Erdman's Cottage Herbs, send a 20 cents stamped envelope to 59 Maiden Street, Greenacre, NSW, 2190. Mrs Erdman grows and sells culinary, medicinal, and scented herbs, also seeds, lavender bags and pot pourri.

FIRST AID REMEDIES

BY DOROTHY COCHRANE

I thought perhaps, as a user and grower of herbs over many years, and also as a grandmother, I could pass on some well-tried herbal first-aid remedies.

In some cases I have combined herbs with some other plants or seeds to give their uses.

* * *

Alfalfa (or clover) tea

An ordinary caddy of tea may be mixed up by putting a half pound pack of **alfalfa** or **red clover** tea together with about ½-cup each of dried **comfrey** and **stinging nettle** (Urtica diocia). Add to this about one tablespoon of a good quality plain tea (this helps give the brew a slight colour), a sprinkle of vegetable salt and about **10 cloves.** Mix it all together in a basin and keep in an airtight tin or tea caddy.

As the mixture is loose, use more than in ordinary teas, but don't overdo the amount. Trial and error will eventually show you the correct quantity. Make alfalfa tea in the usual way, by boiling the water, but always use either enamel, china or glass teapots.

This is a very refreshing drink taken with a little lemon and honey, or just honey alone. Make it a little nicer by adding a sprig of either fresh **peppermint, spearmint, lemon balm, sage or rosemary.** It can be poured out and strained while still hot into a large jug with honey. Add a little more cold water, then fresh citrus fruit juices and serve chilled with ice cubes for a summer drink.

Other herbs may be substituted for the comfrey and stinging nettle, but I use these because they contain such a large number of basic nutrients.

* * *

Chamomile

I call chamomile one of my basic herbs, as it has so many uses. You can make chamomile tea and weaken it to use as a base for summer drinks with fruit juices added. But I think its best use is that of **working on the stomach region.**

For a high temperature: One cup of chamomile tea (one cup water, one teaspoon chamomile flowers), taken with a little honey and lemon will help the body overcome the temperature and help the person to sleep. With children you will sometimes have to add fruit juice to get them to take it. For my grandsons I have added a little ordinary lemonade in their bottle (when they were small). It is a tremendous help at teething time. A little of the tea rubbed on babies' gums also helps.

Another use of chamomile tea in temperatures is to make a **compress** of it to lay on the stomach with a piece of towelling. Make sure it is still hot and cover with plastic, just to keep the heat in and to keep night clothes dry. I have used this for my family quite successfully for many years.

Chamomile Socks!

I haven't used this temperature remedy myself, but I can well imagine it working. Boil up the chamomile tea and then soak the patient's clean **socks** in it, place on their feet, at the same time bathing the head and body with lukewarm, almost cold, water (preferably with a little cider vinegar and heavy salt in the water). This should **bring down a high temperature** in a reasonable time. Bathing the body in salt and cider vinegar (a few drops in water) I have used with my family, but it is still necessary to keep up the liquids.

Chamomile tea helps in **cleaning out infections.** It makes **a good hair rinse,** followed by lemon, then rinsed with cold water.

* * *

Comfrey

If needed **as a blood purifier** it is best to brew up a cup of water and one or two medium-sized comfrey leaves. Simmer half a minute, cover and let stand about five minutes. Strain and drink with a little honey and lemon, plus a flick of kelp.

Most people know of the excellent use of comfrey either as a poultice or the plain fresh leaves roughed up and put on **sores or scratches.** Don't forget a good herb brew is also needed to treat internally.

Ducks and poultry like the fresh leaves, although sometimes it needs to be roughly cut up to get them started.

* * *

Digitalis (Foxglove)

The leaves may be used as a compress, and laid over the heart

area at night to help sleep for **heart-sufferers.** Remember this is a poisonous plant when using where children are about.

Cloves

The use of cloves is well-known in cooking with apples and for helping with the pain of a bad tooth. But only over the last couple of years have I come across cloves being used **to counter infections.** This has been very successful on a number of occasions.

Take about 10 cloves to one cup of water. Warm slowly to boiling point, simmer one minute, cover, then let it stand about five minutes. Strain. Drinks this straight down, or at least within the hour. Add a little honey and fruit juice if you find it hard to drink. Repeat if necessary later in the day.

The clove tea can also be used as the base of a herb tea for drinking, say, once a week. On boiling, add ½-teaspoon **chamomile** flowers, a couple of small **comfrey** leaves, or **lemon balm, stinging nettle, etc.** The finely-peeled rind of a good lemon — about ½-inch by three inch piece — is good.

Strain, then add a pinch of kelp or vegetable salt, honey, raw sugar and about another one-to-two pints of water. Then top up with spa water and ice cubes, plus lemons, grapefruit, lime and orange (if available). A sprig of **spearmint** or **peppermint** in the jug is delicious, also another small piece of lemon rind.

Dill

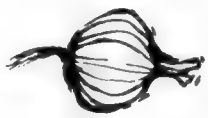
For babies with wind problems make a tea of **dill.** Cool, offer on a spoon or in a bottle. This nearly always works — use just a little when needed.

Garlic

Garlic has so many uses. These are a couple we have tried:

A small piece of garlic clove, placed in the back of the mouth is very helpful in the case of an **impending cold.** It may be used with a poultice to provide extra heat.

In the case of a red line leading up the arm to the gland under the armpit, a clove of garlic wrapped in cheesecloth can help. Keep this under the armpit for a while.



Dock

This common weed of wet areas **will relieve bites** when the leaf is rubbed on the skin. If it's a bee, don't forget to take the sting out first! Good for **stinging nettle.**

* * *

Lemon Balm

Lemon balm tea **relieves tummy upsets** and is a help for nursing mothers. It's said that **cows like to graze it and that it helps their milk supply** also. As mentioned in making Alfalfa tea, a large sprig of Lemon balm added to the pot on making and then a little honey added at pouring, makes most teas delicious.

* * *

Marigold

Marigold petals dried and made into an ointment with either a lard or castor oil base, or marigold petals together with rosemary, make a good standby **for cuts and abrasions.** It is very good for **chaffed cow's teats.**

* * *

Plantain

Plantain or rib grass (the weed also known in North America as White Man's Foot), **will relieve an itch** when the juice of the leaves is rubbed on the skin. The leaves boiled until green appears and rubbed on also helps.

This isn't a herbal remedy, but over the years I have found that a paste made of carb. soda and water will **take the sting out** of mosquito and march fly bites immediately. Just rub it on the bite. Repeat in an hour if needed.

* * *

Sage

Sage makes a gargle, made into a tea and combined with salt for **sore mouth or throat.** Add **plantain** to this for a **compress for sores and cuts.**

* * *

Wormwood

This bitter herb is most associated with the **liver.** An infusion of a small amount of the leaves in tea, taken in rather small doses is usally sufficient.

Wormwood is also very good as a **repellent in the garden.** Make up a spray to use against insects. Dried leaves are handy in the clothes cupboard.

* * *

Yarrow or Millfoil

Is found growing along the sides of the roads here (southern Victoria) and is beneficial medicinally and also helpful for the animals grazing there. A companion plant to pastures.

Another few forgotten ideas for the use of herbs:

Hay tea

For poorly calves, sometimes chamomile added. Give up to three times daily in place of milk.

Rosehip

Syrup made with hips, or else jam, is very high in Vitamin C.

Rhubarb Leaf kept wet and placed on the head for a headache **helps bring on sleep** and so overcome the pain. This does not always work for a severe migrane, but it certainly will relieve an ordinary headache. Remember not to put the fingers near the mouth after wetting the rhubarb leaf, which is poisonous.

Herbs in your garden

BY ELIANE HOPE & MARY DUCKWORTH of Beaufort Herbs

At Beaufort Herbs, Cootamundra, NSW, we haven't used chemical sprays or fertilisers for 15 years. To achieve this we have followed these principles:

1. Organic methods of cultivation.
2. Companion plants and herbs.
3. Herbs to discourage pests.
4. Herbal sprays.

The organic method of cultivation which we use is to mulch heavily. We use a four-to-eight inch covering of hay over all exposed soil, but you could use newspaper (SMH is excellent!) and leaves, grass clippings, or whatever else is available.

We don't dig. Before renewing hay we throw on whatever manure is available if the area is to be used for any plants or crops other than herbs. Herbs really do best in poorish soils without either manure or fertiliser!

We toss in vegetable matter or anything that has once lived, following the two principles set by Dr W. E. Shewell-Cooper of the Good Gardeners' Association — "Everything that has lived can live again in another plant" and "Only a plant really knows what another plant wants".

The increasing worm population in undisturbed soil can turn over earth much more efficiently than a gardener with a fork. The advantages are no digging, no weeding, much less watering and within a few months, very friable, healthy soil. Obviously healthy soil produces healthy plants, and healthy plants are less susceptible to diseases and insect attack.

A test for the organic method is to leave a bag or newspaper on a patch of soil for a week. When the bag is lifted the area will be moist, earthworms active and weeds gone. This principle is, of course, copied from nature and can be observed in nature, particularly in rain forests and underneath deciduous trees.

For seed planting we pull the hay aside, scratch the surface, give a ration of compost, and plant the seed — pulling back as the young plants emerge.

Seedlings — we poke a hole through the mulch and plant into the soil.

Potatoes are thrown on to the mulch and covered with extra hay. Pull the hay aside and harvest clean potatoes — no digging needed!

COMPOSTING

Some pedantic people are quite scientific about composting. Through lack of time, we're rather slap-dash about it. Here we follow the idea that "everything of the soil goes back to the soil". We also added the **Biodynamic compost herbs.** Between layers we place stacks of **comfrey** for its high vitamin and mineral content; and add several sprigs of **yarrow** to each barrow-load of garden refuse or lawn clippings.

For growing and potting up herbs at Beaufort we use sand, vermiculite and only our own composted soil. To keep a continuous supply of compost we have six large bins in various stages of "ripening". The last one "in preparation" gets the grass clippings, leaves, kitchen refuse, weeds, left-overs and old soil from the Nursery, hay and ashes. Very rarely do we add manure — because this is too rich for herbs.

Helper Chris Mobbs with compost bins.

WATERING

For easy watering we use tins with tops and bottoms removed. Prune tins are a good size, but beer cans are also ideal as the gardener scores twice over. Pushed into the soil to about ½-inch from the top, the tins are filled by hose, according to the needs of the season.

In this way root systems are watered and water is conserved. Tins attract cosmic rays, which aid growth. Agricultural pipes are quite effective but more expensive.

This way the odd weed is easily plucked out by hand, seedlings are protected against frost, winds and heat. Generally, the gardener benefits, with reduced water rates, no backache, healthy plants to be admired and tastier produce uncontaminated by poisonous sprays and artificial manures.

COMPANION PLANTING

From our research and the experience of others, companion planting works in various ways:

(a) Plants have an affinity — carrots, lettuce and radish benefit each other.

(b) An associative plant, such as **hyssop,** lures cabbage moth away from cabbage. Hyssop benefits grape vines.

(c) A decoy, such as eggplant, will be nibbled off by potato beetles and the desirable crop is unmolested.

From our experience in growing **chives** and **garlic** among roses we have had no aphis in 15 years. This year (1976) however, the chives and garlic are being attacked by aphis and thus they are really functioning as decoy

Herbs growing in plastic greenhouse.

plants. Roses are also aided by **parsley** and **mignonette.** If **basil** is sown with tomatoes, the tomatoes will remain free from disease and crop much longer.

For our business, herbs for companion planting is the major interest. **Basil, chives, tansy, spearmint, peppermint, rosemary, Lad's love, hyssop and marigolds** are freely interspersed throughout the nursery and gardens.

HERBS TO DISCOURAGE PESTS

We have garlic, chives, mints, tansy, pennyroyal, Lad's love, rosemary and lavenders throughout the garden as insect repellents.

Specific examples:

Ants: Spearmint, tansy, pennyroyal.

Aphis: Garlic, chives, spearmint, nasturtiums.

Cabbage moth: Peppermint, sage, hyssop, thyme, wormwood, Lad's love.

Mosquito: Basil, Lad's love.

Flies: Tansy, rue, basil (but keep rue away from basil — they have an antipathy), Lad's love.

Moths: (Clothes and carpets) Lavender, santolina, wormwood, Lad's love.

HERBAL SPRAYS

Healthy plants growing in healthy soil don't require spraying.

From observation it is the weak, sickly plant which is attacked by pests or is susceptible to disease — nature's way of determining the survival of the fittest.

If sprays are really necessary, here are a couple of examples:

Onion spray (chives, garlic or onion tops), for blight on potatoes, tomatoes, apple scab and powdery mildew.

Hyssop tea is useful for plant diseases caused by bacteria.

Chamomile tea (a tonic for the gardener also) is good for many plant diseases and to control damping-off of seedlings.

Sea water (1 cup to ½-1 gallon of water) sprayed twice a season on vegetables provides minerals and vitamins for healthy, glossy plants

We are convinced that these simple methods of gardening are safe as well as being economic in time, energy and cost.

YOUR HERB GARDEN

The herb garden can by anything from a square yard patch near the kitchen door to a formal and decorative garden. Whatever its size it will have charm.

One aspect that needs to be stressed is that a herb garden is fascinating, aromatic and decorative as well as useful.

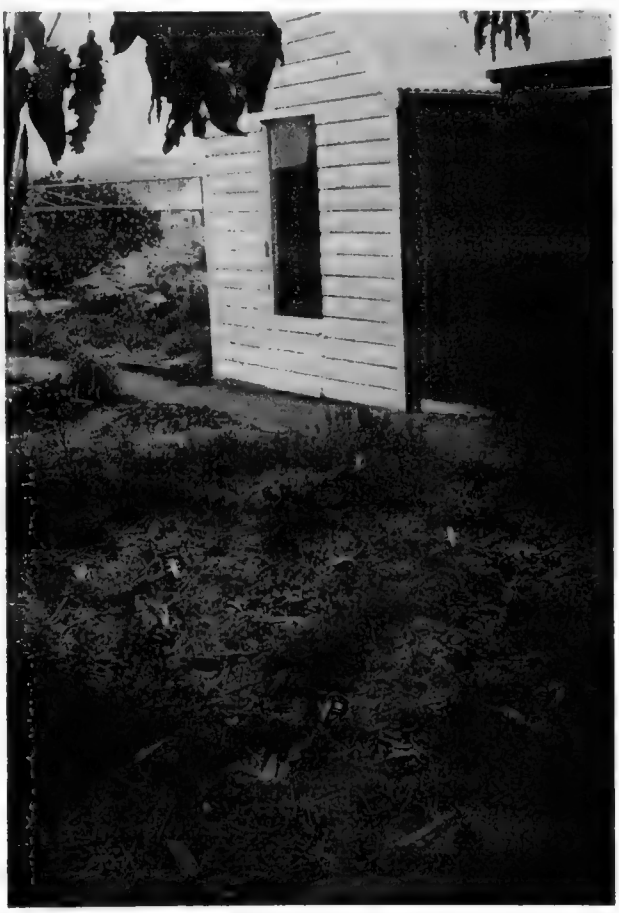
Every herb has its own legend too. It is almost worth growing them for this alone. It is possible for everyone to grow herbs, whether their garden is large or small. Even flat-dwellers may grow herbs in suitable containers.

Types of Herb Gardens

1. Formal (a) Knot gardens; (b) Wheel or ladder designs.
2. Herb border.
3. Lawn and pathways.
4. Hedges.
5. Window boxes and Florentine jars.
6. Fragrant gardens.

Cultivation

Herbs are most adaptable plants, require little attention, and can be grown anywhere. They have proved themselves in most extreme climates. Most herbs are frost-resistant and because of their high content of essential oils and strong aroma they are in themselves free



Mulched herbs and drying shed.

from diseases and pests.

When planning to grow herbs you should have the position and ground ready in time for planting in spring, early summer and again in autumn. A sunny aspect and reasonable garden soil is all that is required.

A few herbs, such as **chervil, bergamot, angelica and borage** prefer semi-shade, and this may be arranged by choosing the most protected position for them.

Herbs respond to constant picking. **Chives** become sturdier and send out fresh, tender leaves more quickly. **Parsley** and **chervil** leaves should be picked from the outside, always allowing the new leaves to grow from the middle. **Basil** must have the tops picked out constantly to make a sturdy bush by preventing it from flowering too soon.

By mid-winter the herb garden will be lying dormant, waiting for spring. As many herbs are perennials, their second year will be worth seeing.

CULINARY

Many people who have become acquainted with Continental ideas of cooking often wish that our everyday dishes could be more interesting. Some women, however, have a secret feeling that this implies that they must make-up elaborate dishes. Anyone can use herbs in the most simple dish to obtain interesting and varied results.

Herbs should enhance and harmonise with the main flavour —. not dominate it. If the new flavour is appreciated, but not fully recognised, it is a sign that just enough has been added to make the meal a success.

Properly used, herbs are an aid to digestion. They can counteract richness in food or enhance cheaper dishes.

Strong herbs: Winter savory, sage, rosemary, bay leaf, mint.

Medium-strength herbs: Marjoram, thyme, tarragon, dill, fennel, basil.

Delicate herbs: Summer savory, parsley, chervil, chives, borage.

Recommended Uses:

Meats: Lamb — Marjoram, thyme, dill, rosemary, mint, garlic; Beef — Marjoram, savory, thyme, garlic mustard; Pork — Sage, basil, savory, rosemary, marjoram; Veal — Marjoram, savory, thyme, bay leaf, rosemary; Chicken — Marjoram, tarragon, chervil, parsley, sage, chives.

Fish: (Stuffed or boiled) — Fennel, lemon thyme, dill, chives, parsley, basil, garlic.

Vegetables: Beans — Dill, chives, parsley; Broadbeans — Winter savory, chives; Carrots — Anise, mint; Marrow — Winter savory, chives; Potatoes — Chervil, pennyroyal, chives; Peas — Mint; Tomatoes — Basil, chives, garlic, parsley; Squash — Winter savory.

Soup: Thyme, savory, parsley, basil, borage, bay leaves, marjoram, chervil.

Salads: In small quantity, singly or together as preferred — Burnet, basil, chervil, anise; Chives, fennel, tarragon, mint; Dill, celery, thyme, parsley.

A half teaspoonful of dried herbs is about equal to a tablespoon of green herbs for flavour.

Beaufort Herb Farm is on the Berthong Road, eight kilometres from Cootamundra, NSW. Or send 60c for a catalogue of herb plants, seeds, spices, dried herbs and gifts.

LAVENDER-SCENTED TOILET SOAP

By Grace Tyack

I have just made some toilet soap. Thought you might be interested in the recipe — it's an oldie:

5lb mutton fat (I used beef), 1lb caustic soda, 1 quart water, 2 tablespoons borax, 4oz glycerine, 2tblsp ammonia, **½oz oil of lavender.**

Dissolve soda in cold water. Next day, melt fat at low temperature and let it cool a little, but don't let it set. Beat gradually into lye (the caustic soda mixture). Add herb oil, borax, glycerine and ammonia in that order, beating well.

Mould into any form desired. The fat must be clarified and sweet. I used the lid of my roasting pan moulded in foil for a mould. The soap is ready to cut up in about 10 hours — don't leave it any longer than 12 hours, or it will be too hard.

If you do happen to leave the soap too long, try cutting into large blocks. Save the scraps and put them into the toe of a discarded stocking. Use this as an old-fashioned soap-saver for doing the dishes. It works beautifully!

To finely scent soap, add herb oils to your mixture as Grace Tyack advises, or wait until just before you are pouring the soap into moulds and add any of these oils: rose, rose geranium, rosemary, sage, cloves, cinnamon, lemon or lemon grass. About one teaspoon should be enough. Many herb oils are for sale at chemist shops — Keith & Irene.

DISCLAIMER

For thousands of years herbs have been used to cure the ills of mankind. There was a time, of course, when they were our only medicine. In many parts of the world, folk remedies based on herbs are still used with good results, particularly in China.

This work exists because we believe much valuable knowledge of the properties of these wonderful plants is being lost. Here we give you the words of apothecaries, herbalists, physicians and cooks of other ages.

However, we can take no responsibility for the use of herbs as medicine. If you are ill, we advise you to seek help from the modern counterparts of these professional healers. Some herbs have a tonic effect and contain high concentrations of vitamins and minerals. Others may be dangerous, or be an ingredient in recipes based on old superstitions.

Man and herbs

Man's first interest was food. Many of his experiments with plants must have ended with painful, or even fatal, results. But man learned and man and plants grew up together.

Herbs and plants nourished man. His first gods were flowers and dieties of fertility. Herbs gave him food, fibres, ropes, dyes, colourings and magic. They healed his illnesses and wounds. They have been used from the beginning, in John Gerard's words, "for meate and medicine".

How far back can we trace the association between humans and the conscious use of herbs and flowers? Probably to Neanderthal man. The analysis of pollen clusters by scientists has shown that a funeral bouquet or a bunch of flowers was placed in the grave of a male who died 60,000 years ago at Shanidar Cave in Iraq.

Reporting in **Science** (Vol 190, p880), Ralph S. Solecki, of the Department of Anthropology at Columbia University, New York, related that seven of eight flower species recovered resembled plants still used today for their herbal and medicinal properties. These included yarrow, cornflower, grape hyacinth, horsetail, hollyhock and St Barnaby's thistle.

The association of flowers with the burials, says Solecki, "furthers our acceptance of the Neanderthals in our line of evolution. It suggests that, although the body was archaic, the spirit was modern."

That Stone Age man showed a similar spirit is evidenced by one of the cave paintings at L'Angles-sur-l'Anglin in France, in which a man wears a vivid red vest. It could have been dyed with dandelion, sorrel or Galium (also called Lady's Bedstraw).

Primitive man considered that healing was a gift of the gods, who alone knew the knowledge of plants. Superstition grew up with folk stories attached to every plant. Magic was another aspect of this accumulation of herbal usage. It led to the evolution of the priest and the physician.

In Egypt official schools of herbalists existed as long ago as 3000 BC. The greatest scholar among these was said to be Imhotep, a priest-physician who became the god of medicine.

"In Egypt the men are more skilled in medicine than any of human kind", wrote Homer in the 4th book of the Odyssey. The Egyptians used aloe, dill, caster oil, lettuce, gentian, mint and poppy among 85 herbs mentioned in medical treatments in a papyrus dating to 1552 BC. This medical document was discovered by Dr George Ebers in 1875.

Egyptians placed flower wreaths, often of mignonette, in mummy tombs and planted gardens in front of the tombs. The head gardener of King Pepi I was honoured with a statue when the king's pyramid was built.

On the other side of the fertile crescent, Merodach Baladin, king of Babylon about 720 BC, grew 70 different herbs in his garden. They were mostly fragrant and included thyme, coriander and saffron.

Most of the herbs we use today had their origin around the Aegean and the Mediterranean. Some came from Persia, others were European field weeds, and a few native to India and more have been introduced from the American continent.

We have available today all the herbs and flowers of other ages.

The Bible, in both old and new Testaments, has repeated references to herbs. Solomon had an orchard, herb gardens and vineyards. The manna gathered by the Jews in the wilderness is described in Exodus 16:31 as being "like coriander seed, white".

The ancient Greeks, who laid the serious foundation for the study of botany, also had many delightful stories about the origin of herbs and their usage. In their mythology, Asclepius is revered as the first physician and the founder of medicine. He was a son of Apollo and learned that arts of healing from Chiron, the king of the Centaurs, in his cave.

Another version has it that Asclepius was abandoned as an infant on Mount Titthion, famous for the medicinal virtue of its plants.

Chiron was the wise tutor a galaxy of heroes, including Jason the Argonaut and Pelenus, father of Achilles. He is shown holding a serpent as one of the zodiacal centaurs.

Some herbs, such as yarrow and rue, were thought to have been given by the gods to mankind or to a hero to help cure sickness or wounds and to avoid disaster. Other herbs were thought to be divine, because they were created by the metamorphosis of a god or human into a plant — mint and the bay laurel, for example.

"Adonis gardens" shown on Greek vases of the time depict the offerings of lettuce and fennel to Adonis, usually in pots. Adonis was seen as the spirit of green, growing things, which quickly passes.

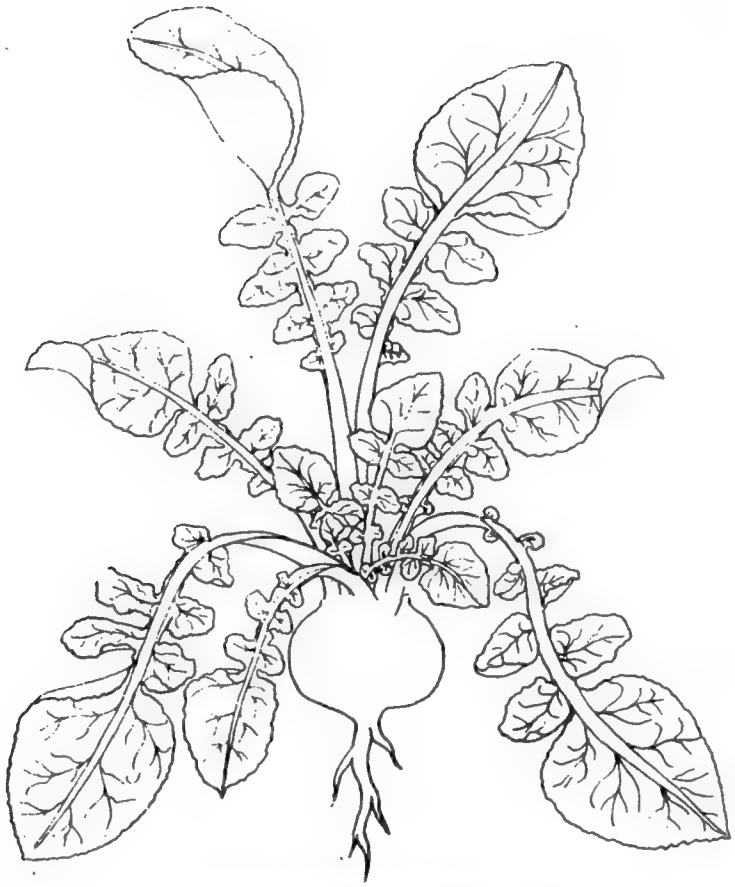
The great scholars, writers, poets, philosophers and healers of ancient Greece left a body of thought which was to influence botany, gardening and medicine up to the 18th century.

Theophrastus of Eresus (370-285 BC), a pupil of Plato and Aristotle, wrote about 450 plants in his two works, **On the Causes of plants** and **On the History of Plants.** He examined the art of herbal perfume making and planted the first botanical garden. He classified plants into four groups — trees, shrubs, half-shrubs and herbs.

The Romans as usual took over the Greek stories and uses of herbs.

Caius Plinius Secondus, or Pliny the Elder, born in AD 23, described individual plants in his **Natural History,** from his reading and from observation. He thought that basil, when old, degenerated into wild thyme and old cabbage produced rape. Investigating the eruption of Mount Vesuvius in AD79, the curious Pliny was suffocated by fumes.

Claudius Galen of Pergamum (130-200AD) was a successful physician to two Emperors, Lucius Verus and Marcus Aurelius. After the fall of Rome, Galen's works were preserved by the Arab scholars, and were restored to the mainstream of European thought after the Renaissance.



Turnip, from Codex Vindobonesis, 512 AD.

Turnip, from Gerard's Herball, 1597.

The Old Herbals

KEITH VINCENT SMITH

We have planned *Earth Garden's Lytel Herball* in the spirit of the old herbals and their writers, who seemed to be able to bring bright flowers into bloom from the printed page.

To these ancient gentlemen each plant had its unique attributes in folklore and tradition, some of it passed down in the ancient manuscripts, some from the popular usage of country people.

They knew the herbs for medicine, for antiseptic perfume, for cooking and for adornment. They were always full of enthusiasm for their gardens and proud of the rare plants flourishing in them.

The "classic" period of the printed herbals starts with William Turner's *A New Herball,* printed in 1551, a first step in the direction of serious botany. It ends probably with Nicholas Culpeper's *The English Physician* a century later. In between the names that stand out belong to John Gerard, a barber-surgeon, and John Parkinson, apothecary to two kings.

The form of a herbal had been established by the early Greek and Latin writers. It dealt with plants, describing them and their medicinal virtues, often with illustrations.

Herbals tell their story so well. Through them a traveller of the 1st century, like Pliny; a monk of the 9th century, like Walafrid Strabo; or a man who loved flowers in the 16th century, like John Parkinson; reach out through the ages to speak to us today.

Through the quotations we have gathered the old herbalists tell us what their gardens looked like, how they used herbs in their kitchens and in daily life — and quite a lot about the people themselves.

The oldest existing manuscript of a herbal is one which was prepared in 512 AD for a pious Byzantine princess, Juliana Anicia, daughter of Flavius Anicus Olybrius, then Emperor of the West.

It combines the famous first century work by Pedacius Dioscorides, usually called the **Materia Medica,** with 396 beautiful full page brush water colour illustrations of plants (and some of birds) by an unknown Byzantine artist.

It is speculated that some of the figures are copied from plant illustrations by Cratevas, physician to the Emperor Mithridates VI Eupator (136-63 BC). Cratevas is quoted by Galen and Pliny as well as by Dioscorides, but no records of his writing or art exist.

The manuscript, now called the **Codex Vindobonesis,** is in the Vienna State Library in Austria. It has a portrait of Juliana Anica and is written in Greek capital letters on fine parchment.

The manuscript was seen by a Sicilian traveller named Aurispa in the monastery of St John the Baptist in Constantinople in 1473, some 20 years after the city fell to the Turks. It was already 1000 years old when it next turned up in 1562, being offered for 100 ducats to Auger-Gaslain Busbecq, a Flemish scholar who was the ambassador of the Austrian Emperor Ferdinand I at the court of Sultan Suleiman the Magnificent.

It reached the Imperial Library in Vienna in 1569. A 7th Century copy of the Codex, slightly less beautiful, is at the Biblioteca Nazionale in Naples, while a 9th Century version in Paris shows the effects of continual redrawing on the quality of the plant figures. Another copy of the Codex, dated to 800 AD, was destroyed at Monte Cassino monastery in Italy during World War II.

Dioscorides, of Anazarba in Cilicia, wrote a treatise on natural history in five parts about 60 AD. He was a physicia with the Roman Army during the reign of the Emperor Nero. The Materia Medica deals briefly with 500 plants, many of which are still in use today, but many more of which cannot be identified.

It is laid out in sections covering aromatics, potherbs, oils, resins, pitch, medical, culinary and sharp herbs, roots, vinegar and wine.

For more than 1500 years Dioscorides' Greek Herbal was the model and major authority for all herbals. Later, famous herbals were based on it, and others on those, influencing botanical and medical knowledge until at least the late 17th Century.

For example, a book of commentaries on Dioscorides, by Pierandrea Mattioli, issued in 1544, sold 30,000 copies in the first Italian edition and was subsequently issued in Latin and German. Mattioli was physician to Ferdinand and the Emperor Maximilian II and was strongly influenced by two copies of the Dioscorides Codices given to him by Busbecq, a personal friend.

The Materia Medica was translated into Latin in the 6th Century and the first printed edition, in Greek, was done by Aldo Manuzio in Venice in 1499. Some of the manuscripts were preserved through the European "Dark Ages" by being carried off by Islamic victors of clashes with the Byzantines, who stipulated Greek works by Galen, Aristotle, Plato and Dioscorides as part of their booty.

Christophe Plantin of Antwerp, a printer called "the prince of publishers", used wood-blocks copied from Juliana Anica's manuscript in Rembert Dodoen's **Stirpium historiae pemptades** of 1583. These and other blocks from the Plantin Press were used widely in later English herbals.

Curiously, Dioscorides' Herbal was already 1870 years old before it was first published in an English edition in 1933. The translation used was made by John Goodyer of Petersfield, in a hand-written manuscript of the parallel Greek and English text, between 1652 and 1655. It was John Goodyer who introduced the Jerusalem artichoke to Hampshire (see EG 13).

This manuscript was kept, unprinted, at Magdalen College, Oxford, until it was edited and published by John Gunther, who included the illustrations (in black and white) of the Codex Vindobonesis.

There is a story told about a director of the Kew Gardens in London who visited Mount Athos in Greece during the 1930s. There he saw a monk, carrying a black bag on his shoulder, out collecting "simples". Inside the bag were four manuscript volumes, copied from Dioscorides, to help identify the plants!

Christian monasteries kept alive the early works on herbs as well as those on arithmetic, science and philosophy. Monks copied and recopied manuscripts in many languages, exchanging works with other monasteries and other countries.

Herb and flower gardens were attached to each monastery. In a surviving plan of one at St Gall, near Lake Constance, the layout is based on the old Roman villas, with the orchard doubling as a graveyard.

Many of the holy men were notable writers, in prose and poem, about the virtues of herbs. One of these was Bishop Fortunatus of Poitiers in France, who wrote a Latin poem, *De Horto Ultragothonis Reginae* in 565 AD.

It was dedicated to Radegonde, Queen to Clothair the King of the Franks. She fled from the court to Poitiers and became the abbess of a nunnery in which she laid out a garden.

Fortunatus wrote to her of violets:

> **He who offers violets must in love be held to offer roses. Of the fragrant herbs I send none can compare in nobleness with the purple voilet. They shine in royal purple: perfume and beauty unite in their petals. May you show forth in your life what they represent.**

The abbess, later Saint Radegonde (or Radegunda), sent flowers and food to Fortunatus in return and invited him to a dinner at which the table was strewn with roses and garlands hung from the refectory walls.

Walafrid Strabo, famous for his biography of Charlemagne, wrote a beautiful Latin poem in 440 hexameters, the *Hortulus* or Little Garden, about 842. He lived at St Gall before he became Bishop of Reichenau.

The link between the handwritten manuscripts on parchment and vellum and the first printed books of the late 15th century were two popular works, *Macer's Herbal* and the *Agnus Castus,* named from its two initial words, the name of a herb called totsane.

"Macer" was a Latin poem written in hexameters, which discussed 77 plants. It had been dated as far back as the 10th century. An English version of the 12th century added "a few herbes wyche Macer tretyth not". John Lelamour, a schoolmaster of Hereford, made an English translation in 1373 which is in the British Museum.

The "Agnus Castus" is nowhere complete, the main manuscript being in the Royal Library at Stockholm and others in the Bodleian and Ashmolean Libraries. It dates from the 14th century.

De Proprietatibus Rerum, a work containing 19 books of which the 17th is a treatise on herbs, was composed in Latin by an English monk known as Bartholomaeus Anglicus in the 13th century.

This existed in manuscript form as early as 1283 in Italy and there is a copy of 1296 at Oxford. It is generally dated to 1260 and was translated into English by John de Trevisa in 1398.

Caxton's famous apprentice Wynken de Worde printed the first English edition in 1495. A note with the copy in the British Museum says: "This is generally considered to be the finest copy known of a work which is certainly the chef d'oeuvre of Winkin de Worde's press. The paper on

which it is printed is said to be the first ever made in England for the press".

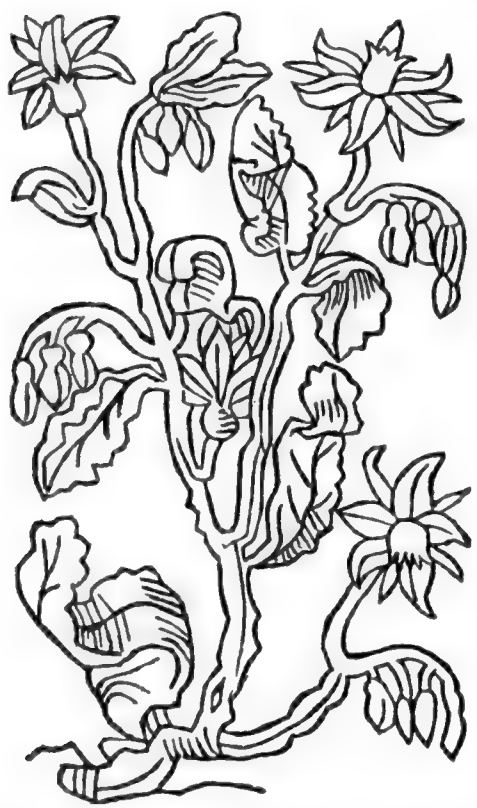
The style is simple, naive and original as shown by this example:

> Spryinging time openeth the earth, that hath been long closed and bound with cold, and bringeth forth mosses, rootes and herbs that were hid in the earth, and bryteth the earth, and reneweth it with floures and herbs, and exciteth birds and fowles to chertering and to love, and clotheth, and bryhteth all the over parts of the earth with a wonderful fairness ... for then hearbs and trees beginne to spring and to wear greene, with burgenings and twiggs.
>
> Spryngyne tyme is the time of gladnesse and of love; for in the Sprynging tyme all thynge semeth gladde; for the erthe wexeth grene, trees burgynne and sprede, medowes bring forth flowers, heven shyneth, the sea resteth and is quyete, foules synge and make theyre nestes, and al thynge that semed dead in wynter and widdered, ben renewed, in Spryngyne tyme.

PRINTED WORKS

Johann von Cube, a Frankfurt physician, realised that many of the plants described by Dioscorides did not grow along the Rhine (despite prevailing views that they did). Because they could not be drawn "with their true colours and form", he set out southwards with an artist "cunning and subtle of hand".

They made a long and difficult journey through Italy, the Balkans and Greece, visiting Corfu, Crete and Rhodes, then Cyprus and the Middle East, including Egypt and Jerusalem. The result of their study was the *Herbarius zu Teutsch* or the German Herbarius, printed at Mainz in 1485. The figures of plants, drawn from nature, were the first illustrations in a printed herbal.



Borage, from the Herbarius zu Teutsch, 1496 edition.

The Herbarius recorded 380 plants. The plant figures in *The Grete Herball,* printed in London, are merely copied from later pirated editions of the German Herbarius printed at Augsburg, which were inferior to the originals.

Most of the text of The Grete Herball, printed by Peter Treveris at Southwalk, is a translation of *Le Grand Herbier,* though the preface is based on the German Herbarius. The French work can be traced in its turn to *Circa Instans,* a Latin manuscript of the 12th century.

The first edition of The Grete Herball is thought to have been 1516, but the earliest copy which exists is dated 1526. So, strictly speaking, the first printed herbal in English was published by Richard Banckes in 1525. The author is unknown and it is usually called *Banckes' Herball.* It resembles both Macer and Agnus Castus, with the section on rosemary taken from a famous manuscript sent by the Countess of Hainault in France to her daughter, Phillipa, Queen of England (wife of Edward III) in the 14th century.

We have taken our own title from a later version of this same volume, *A Lytel Herball* (1550), attributed to Anthony Askham, priest, physician and scholar during the reign of Edward VI. He really was only responsible for adding an astrological section to the text — and this cannot be found in the existing copies!

It is a thrill to hold in your hand a worn, calf-bound book which was printed some 425 years ago, and only about 60 years after Caxton first began printing in England. Some of the pages are stained or torn and parts are missing, but the first edition of William Turner's *A New Herball*(1551) is still in good condition.

The type is black letter, angular and hard to read. The quaint woodcuts come mainly from Leonhard Fuchs' *De historia Stirpium*(1545) and his *Neue Kreuterbuch*(1543), though a few were specially cut.

"The pictures as well as the descriptions are very quaint, something like the trees in a child's Noah's Ark and about as recognisable," said Nelson M. Richardson, of Weymouth, England, who owned this copy in 1923.

Said Eleanour S. Rohde: "Turner's notable work, his Herbal, is the only original work on botany written by an Englishman in the sixteenth century". Turner's plant descriptions and observation are original and vigorous and earned him the title of the "father of English botany".

William Turner, the son of a tanner, was born at Morpeth in Northumberland in 1510. He studied at Cambridge and was a minister with strong Protestant views. This made him an exile from England between 1539 and 1547, when he wandered in Holland, Germany, Italy and Switzerland, where he studied under Conrad Gesner, author of *Catalogus plantarum*(1542), in Lucerne.

Agnes Arber, a great historian of herbals, says her interest in them was first sparked when, in 1894, she read a copy of Henry Lyte's translation of Rembert Dodoens' *Kruydeboeck.*The first edition in the Richardson collection of the State Library of New South Wales has delightful illustrations, more than half of them taken from the octavo edition of Leonhard Fuchs' *Primi de Stirpium historia commentariorum,*printed in Basil in 1545.

Dodoens' original work was translated into French by

John Gerard, author of The Herball, 1597.

John Parkinson, author of Paradisus, 1629.

Charles de L'Ecluse, then translated from the French into English by Lyte, who added some notes. Eleanour S. Rohde says the French copy Lyte used, now in the British Museum, has this inscription: "Henry Lyte taught me to speak Englishe".

The original woodblocks did not come to England — the book was printed in black letter by Henry van de Loe in Antwerp and published in London by Gerard Dewes.

Ram's Little Dodoen, which appeared in 1606, was a compilation of recipes by William Ram, designed "for the poorer sort". Some of the matter was abridged from Dodoens.

GERARD'S HERBALL

The most famous of all English herbals was "gathered" by John Gerard, a barber-surgeon, who had a garden with over 1000 herbs which he called "the little plot of myne owne especiall care and husbandry".

Gerard "gathered" the major part of his text for *The Herball or Generall Historie of Plantes* (1597) from a translation made by a Dr Priest of Rembert Dodoens' *Pemptades* (1583) for John Norton, the Queen's printer. Dr Priest, a member of the College of Physicians, died before the work was completed and Gerard used it without acknowledgement.

Norton, who published The Herball, borrowed most of the 1800 woodcuts used from Nicolas Basseaus of Frankfurt. They had first appeared in Jacob Theodor's *Eicones* (1590). Among the 16 original illustrations was the first published figure of the potato which Gerard wrongly named the "Virginian" potato. In the title page portrait, he holds the potato plant in his hand.

Gerard made so many mistakes in matching the illustrations to the plants described that the Dutch botanist Matthais de l'Obel who was asked to correct it said he made changes "in a thousand places". Gerard is also accused of taking information from de l'Obel's own *Stirpium Adversaria Nova*(1571).

Eventually the herbal was enlarged and amended by Thomas Johnson in 1633. This much improved edition made the work justly famous.

All this said, we can easily forgive John Gerard (the spelling of his name as Gerarde on the title page was an error) his deception and slyness, for The Herball is imbued with his own disarming personality and his acute observations of a wide variety of plants and a good deal of English folklore about them.

This bulky book is like a flourishing garden laid out for our enjoyment and education, planted with rarieties like the white-flowering thyme and the potato of his own garden which lay beside the River Flete near Fetter Lane in the village of Holborn.

How often he can boast:

> **These be strangers in England, yet I have them in my own garden, where they flourish as in their natural place of growing.**

The book is divided into three parts. From the second book, containing "all sorts of herbes for meate, medicine or

Nicholas Culpeper, author of The English Physician, 1652.

sweete smelling use" we have drawn most of our quotations. The woodblocks show complete plants — root, stem, flower and seeds — to establish beyond doubt its true identity. Gerard gives the best time for planting, the type of soil needed, origin of the plant, its "temperatures" and its "vertues".

John Parkinson, a childless man, poured out all his love on plants and flowers and on the two excellent books he wrote about them.

The first, *Paradisi in Sole Paradisus Terrestris*(1629) was a pun on his own name — "Park-in-Sun's Earthly Paradise". It is a vast and lovely book, dealing particularly with flowers, which he described himself as "a speaking garden".

Born in 1567, Parkinson had a garden at Long Acre and was Apothecary to James I. He was named Botanicus Regis Primarius to Charles I after the publication of his second work *Theatrum Botanicum* (1640). This was more aptly a herbal, dealing with 3800 plants and produced when the author was aged 73.

Parkinson said his original intention had been to add "a garden of simples" to his Paradisus, but "by the revolution of time it hath changed the note yet not the nature" to "A Theatre of Plants or a Herball of a large extent". He added: "From a Paradise of pleasant Flowers, I am fallen (Adam like) to a world of profitable Herbes and Plants". He died in 1650.

Nicholas Culpeper, a famous and controversial apothecary and herbalist, was born on October 18, 1616, so he shares his birthdate with me. He was studying Greek and Latin at Cambridge when his fiancee, a young heiress, was struck dead by lightning on her way to elope with him. Embittered, he left the university and became apprenticed to an apothecary in London.

In 1694 he published the first English translation of the medical Pharmacopoea, unlocking the secrets of doctors and physicians. For this he was bitterly attacked by the College of Surgeons, who published a satire against him. He spent most of his short life treating the poor of Spitalfields in London's East End.

Countless editions and many forgeries followed the publication of Culpeper's *The English Physician*(1652). He wrote in a lively, modern style, not afraid to criticise the older authors or his contemporaries if they disagreed with him.

Culpeper's medical remedies were based on astrology. Treatment was given according to what planets governed the affected parts of the body and herbs were harvested according to the planet in the ascendant. He died of tuberculosis in 1654.

William Coles, who attacked Culpeper as being a man "very ignorant in the forme of Simples", himself believed unquestioningly in the ancient Doctrine of Signatures.

> **The Mercey of God which is over all his Workes Maketh Grasse to grow upon the Mountains and Herbs for the use of Men and hath not onely stemped upon them (as upon every man) a distinct forme, but also given them particular signatures, whereby a Man may read even in legible Characters the Use of them.**

His two works, *The Art of Simpling*(1656) and *Adam in Eden* (1657), give instructions on the signatures to look for, but much more besides, such as details of herbs for animals, much folklore and old beliefs about simples. He also had a quaint and readable turn of phrase.

FARM AND GARDEN

Many of the books from which we quote are not strictly herbals, but rather works on gardening and agriculture.

The first gardening book printed in England was written by Thomas Hyll, a Londoner. It is a tiny book, just three inches wide and six inches long. But it had a long title: *"A most brief and pleausant treatyse,* teachynge howe to dress, sowe and set a Garden, and what propertyes also those few herbes heare spoken of, have to our comodyte: with the remedyes that may be used against such beasts, wormes, flies and such lyke, that commonly noy gardens, gathered out of the principallest Authors in this art by Thomas Hyll Londoner".

The earliest existing edition is dated to 1563, though it is thought to have been printed sooner. Hyll wrote "to please the common sort" in the characteristic style of his time. Later editions were titled *The proffitable Arte of Gardening,*starting in 1568.

Thomas Hyll died before he could complete *The Gardeners Labyrinth,* written under the pseudonymn of "Didymus Mountain", a play on his name. It was edited by his friend Henry Dethicke.

Earth Garden's "little digger" motif comes from the title page of Hyll's first book and we have used illustrations from them in EG4 (bees) and EG8 (herbers).

Thomas Tusser, who sang as a boy in the choir of St Paul's in London, later became a musician, schoolteacher

and farmer. He retired from the court of King Henry VIII to take up farming.

His *Five hundred points of good husbandry* (1573), written in rhyming couplets, is a calender of work in the farm and garden of the Tudor household through the twelve months of the year. The verses run like jingles, or old nursery rhymes.

Richard Surflet translated Maison Rustique by Charles Estienne and his son-in-law John Liebault. Published as *The Countrie Farme* in 1600, it was a treatise on gardening and agriculture. It gave details of a kitchen garden, with its pot herbs, and a pleasure garden divided into two parts. In one grew flowers for nosegays and garlands and in the other the sweet-smelling herbs. It had a section on beekeeping, including ways of protecting the "little pretie wretches" from "home and tame beasts".

"I shew a plaine and sure way of planting which I have found good by 48 years (and more) experience in the North part of England," wrote William Lawson, a Yorkshire orchardist.

He was the author of the first book ever written especially for women gardeners, *A New Orchard and Garden* (1618).

"Your Gardiner," said Lawson, "had not need to be an idle or lazie lubber," and explains the reasons for pruning his list of herbs, saying: "I recken these hearbes onely, because I teach my Country Housewife, not skilful Artists . . . Let her first grow cunning in this, and then she may inlarge her garden, as her skill and ability increaseth."

Gervase Markham has been accused of being the original "hackney" or hack writer. His name takes up a lot of space in any catalogue of 17th century books. He produced so many titles that in 1617 his booksellers made him promise not to write any more works on certain subjects.

Markham was a mercenary soldier in Ireland and the Low Countries and a noted horseman and breeder. He imported the first Arabian horse to England and sold one to James I for 500 pounds.

His knowledge of gardening, agriculture and animal husbandry was practical and his writing vivid and fresh. *The English Husbandman* (1613) is a well-rounded "homesteading" book with directions on ploughing, farm tools, grafting, gardening, vineyards, hops, herbs, preserving fruit and garden plans like knots and mazes.

John Evelyn (1620-1706) was famed as a diarist like his friend Samuel Pepys, but also as an essayist. He kept a garden at Says Court with a thick-set holly hedge which was vandalised by no less a tenant than Czar Peter the Great of Russia, who liked to ride through it in a wheelbarrow.

Evelyn's interests may be traced through the titles of his works. He loved gardening and gave the world *The French Gardiner* (1658), *Kalendarium Hortense* (1664), a gardening calender; and *The Compleat Gard'ner* (1693), a translation of De la Quintine, for 40 years director of Louis XIV's kitchen gardens.

His *Acetaria: a Discourse of Sallets* (1699) is a hymn to salads and *Sylva* (1664), the first work on the conservation of forests showed him to be also a lover of trees. Another small essay: *Fumifugum* or the Inconvenience of the Aer and Smoke of London dissipated (1661), put forward a plan to surround the city with gardens of "odoriferous flowers" to curb air pollution.

Square plots, each 30 or 40 acres, would contain woodbine, sweet-briar, jasmine, roses and lavender "but above all, rosemary, the flowers whereof are credibly reported to give their scent above thirty leagues off at sea, upon the coast of Spain".

Herbs are mentioned frequently in literature. We have drawn on Cervantes, Robert Herrick, Francis Bacon, Richard Addison and James Joyce to name a few.

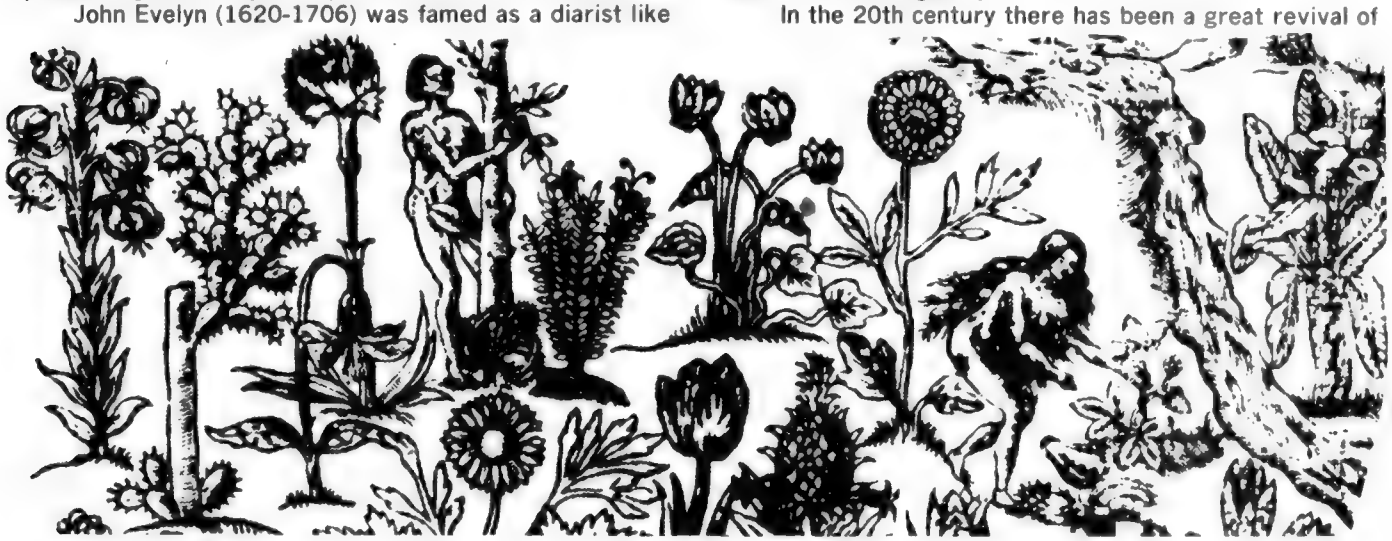
Herbs were close to Geoffrey Chaucer (1340-1400), who married Phillipa Roet, a maid to Queen Phillipa of Hainault, said to be the first person to plant rosemary in Britain.

A famous Tudor garden was Sir Thomas More's by the Thames at Chelsea, where often walked King Henry VIII, Erasmus, John Heywood and others. After Sir Thomas went to the block in 1535 it was used as a royal residence. Anne of Cleves died there in 1557 and Katherine Parr lived there after the King's death having charge of Princess Elizabeth, then a child of 13.

William Shakespeare mentions 20 herbs and knew their traditional lore intimately. Shakespeare and Gerard were contemporaries and it is pleasant to think they may have met, though there is no proof of it.

London was a small place in those days and they were near neighbours for several years. Shakespeare lived in a house almost opposite the Barber-Surgeons' Hall which Gerard visited regularly.

In the 20th century there has been a great revival of



Detail from title page of John Parkinson's Paradisus, 1629.

interest in herbs, despite, or perhaps because of, the increasing artificiality of modern living. A band of lady writers and herb enthusiasts had much to do with this, particularly Eleanour Sinclair Rohde, whose books sparked off our own interest in the original herbals.

Others include Maude Grieve, Hilda Leyel, Helen Mergenthau Fox, Rosetta Clarkson and, more recently, Rosemary Hemphill and Dorothy Hall, our Australian herb writers.

CHAPTER III
Here begins our herbal anthology.

glossary

At first sight, some of the archaic spelling and grammar of the herbals is obscure, especially in works written before the 17th Century. It is even more difficult to read the black letter Gothic type used in Turner's Herbal and Lyte's translation of Dodoens, but we have transcribed these to New Gothic Bold, a "modern" (or Roman) type face. Gerard's Herbal of 1597 was one of the first to use Italic and Roman and looks very "modern" when compared with contemporary works.

We have to remember that **Physicall** in those days meant medicinal. The **physick** was a doctor, the **apothecary** a herbal chemist. They were most often called upon to treat **woundes,** the **ague** (**a fever, either hoate** or **colde),** or a melancholy **humour,** not something which made you laugh, but rather a fluid which affected the mind and body.

They cured **akes** or **paines** with their herbal medicine, with **jus, iuce** or **juce, mengled, medled,** or **mixte, dronken** or **drunken** or inhaled by the **paycent,** or taken as a **condite** or **confertue** (conserve or preserve) or as a **syrope** or **syrrup.** There were no hard and fast rules about spelling then, each writer chose his own, and the printer was likely to adapt the words to suit what metal letters he had left to use as each page neared the bottom.

The **wortes, herbes** or **hearbes** were **seethed** or **sethed,** or in other words, **boyled** or **boyl'd** after which they were said to be **sod** or **sodden.** Eventually the **payne** was **swaged** or **aswaged** (assuaged or soothed), the **yexxing, hickocke, hikok** or **hiccough staved,** the blood **stanched** (staunched), the **eyes** or **eine quickened** (revived), the **stomake** or **stomacke** once again **holsom,** the patient could return to his **wyn** and **potage,** his **hart** comforted, his spirits again **merrie** and **joiful!**

The plants themselves are **blacke, blew, grene** or **greene** and **yelowe** of **lef, levis, levys** or **leves,** with **floures, flowris, flowrs** and **flowres, mikel** (much) or **lytle, rootes** and **sede** or **seede.** Some are **strown** in chests against **moughes** (moths) or used as **nosegays** (a bunch of herbs or flowers) against **evill aires,** the bad smells and pollution of the day.

Here's a quotation from the Agnus Castus (14th Century) dealing with catmint:

The vertue of this herbe is if a cat ete thereof it schal conseywyn and brynge forth kytlyngis anon.

"The virtue of this herb is if a cat eats thereof it shall conceive and bring forth kitlings — kittens — anon (soon)."

To us there is a delight in the speech and spelling, which reveals the attitude as well as the folklore and wisdom of the old herbals from which we quote.

BALM

Lemon Balm or Melissa, from Mattioli, 1583

BALM (Melissa officinalis)
Lemon balm, Melissa, Balsam. Old form: Bawme, Baulm.
Mint family — a perennial.

Mellisa is an herbe that men calle bawme or pentarie. This herbe hast levys lyk to the levis of nepte and it is strong in savour and it hast lytl yelow flour and it beryth the flour on eyther syde of the stalke as doth mynte and many braunches comyn out of one stok and it growith in gardyngis and the brawnces are lengere thanne a cubyte. This herbe is hot and drye.
AGNUS CASTUS, 14th Century.

— Bawme drunk in wine is good against the bitings of venemous beasts: comforteth the hart, and driveth away all melancholie and sadness.
— The hives of Bees being rubbed with the leaves of Bawme, causeth the bees to keep togither, and causeth others to come unto them.
— Bawme maketh the hart merrie & joiful, and strengtheneth the vitall spirits.
JOHN GERARD, The Herball, 1597

It is also an hearbe wherein Bees doe much delight both to have their Hives rubbed therewith to keepe them together, and draw others, and for them to suck and feed upon, and is a remedy against the stinging of them.
JOHN PARKINSON, Theatrum Botanicum, 1640

Baulm, hot and dry, cordial and exhilirating, sovereign for the brain, strengthening the memory, and powerfully chasing away melancholy. The tender leaves are us'd in composition with other herbs (in salads); and the sprigs fresh gather'd, put into wine, or other drinks, during the heat of summer, give it a marvellous quickness.
JOHN EVELYN, Acetaria, 1699

Melissa or Lemon Balm rivals sage as a promoter of long life. John Hussey of Sydenham, England, breakfasted each day on balm tea sweetened with honey until the age of 116. Llewellen, Prince of Glamorgan in Wales, who lived to 108, attributed his great age to it.

Honeybees love the plant for its abundant nectar (Melissa is the Greek word for a bee). If you rub the inside of a beehive after hiving a new swarm, the bees will never leave. We humans love the strong minty-lemon fragrance and fresh taste of balm.

In earlier times, bunches of lemon balm (also **marjoram** and **sweet cicely**) were rubbed over heavy wooden furniture to give it scent and gloss. Thus, Ann Page in William Shakespeare's **Merry Wives of Windsor:**

The several chairs of order look you scour
With juice of balm, and every precious flower.

Balm is a woody perennial, growing two-to-three feet high, which sends out runners like other members of the mint family. These or the roots may be divided for propagation. It will do best in a dampish spot in semi-shade. The lush, crinkly, deep green leaves are heart-shaped and scalloped around the edges, growing smaller towards the top of the plant. Flowers are tiny and yellowish.

Use the leaves and tops to flavour salads and fruit salads, jellies, iced tea, punch and other summer drinks. Use sparingly in soups, stews and sauces.

Balm tea is a tonic credited with clearing the head, helping against fevers and as a heart stimulant. Pour one pint of boiling water over one ounce of the leaves and infuse for 10 minutes. Allow to cool and sweeten with honey and lemon.

A mixed tea of balm and **marjoram** is given to strengthen and content cows after calving.

Dry balm leaves quickly on a hot summer day, but in the shade, or they will blacken. They are used in potpourri.

TO MAKE BAULM WATER

Take baulm with the whole substance, thredde it small and bray it, and lay it to steepe a whole night in good white wine, in an earthern vessel well covered and stopped, on the morrow distil it.
THOMAS COGAN, The Haven of Health, 1584

Basil

BASIL (Ocimum basilicum). Annual.
Sweet Basil. Old form: Basill, Herb Royal, Basyll, Bazil.
BUSH BASIL (Ocimum minimum). Annual.
Mint family.

Isabella and the pot of Basil, by William Holman Hunt.

She wrapped it up, and for its tomb did choose
A garden pot, wherein she laid it by,
And covered it with mould, and o'er it set
Sweet Basil, which her tears kept ever wet.
JOHN KEATS, Isabella; or, The Pot of Basil, 1818

Sweet basil (left) and bush basil, from Gerard, 1597

The Basyll for his excellent smell and savour, hathe bene greatlye cownted upon, in aunciente tyme, in so much that kynges, and princes, for the great delight whych they conceyed, in that herbe, did plant the same in their garden.

THOMAS HYLL, The proffitable Arte of Gardening, 1568.

Basil if it be taken plentuously in mete, dulleth the eysyght. It softeneth the belly, moveth the spirites, & dryveth out pisse and bryngeth milk to the brests. But it is hard to be digested.

It is good for the strykyng of a sea dragon, and the stynge of scorpiones. The sede dronken is good for them that brede melancholi; and for them that are puffed up with wynd. If it be put to the nosethrills it maketh a man nese. The which thyng the leves do also.

The most part use Basil and eat it with oyle & (vine) gare, sauce for a fowl or kitchen.

WILLIAM TURNER, The first and seconde partes of the Herbal, 1568

With us in Englande it is not offed to be eaten, but yet greatly esteemed for the sweete savour thereof, whiche of some is thought to comfit the braine, and to open and purge the head: yet to a weake braine it is hurtfull by reason of the strong savour, and causeth headache, as I my selfe have proved.

THOMAS COGAN, The Haven of Health, 1584

The smell of Basill is good for the heart and for the head ... it taketh away sorrowfulnesse, which commeth of melancholie, and maketh a man merrie and glad.

Garden Basill is of two sortes, differing one from another in bignes. The first hath broad, thicke and fat leaves, of a pleasant sweet smell, and of which some one here and there are of a blacke reddish colour, somewhat snipt about the edges, not unlike the leaves of French Mercurie. The stalks groweth to the height of half a cubite, dividing it selfe into divers branches, whereupon do stand small and base flowers, sometimes whitish, and often tending to a darke purple. The roote is threddie, and dieth at the approach of winter.

The middle Basill is very like unto the former, but is altogether lesser. The whole plant is of a most odoriferous smell, not unlike the smell of a Limon, or Citron.

Bush Basill, or fine Basill, is a low and base plant, having a threddle roote, from which rise up manie small and tender stalkes, branched into divers armes or boughes, whereupon are placed many little leaves, lesser than those of Pennie royall. The whole plant is of a most pleasing sweet smell.

Basill is sowen in gardens, and in earthern pots. It commeth up quickly, and loveth little moisture, except in the middle of the day; otherwise if it be sowen in rainie weather, the seede will putrifie, and growe into a jellie or slime, and come to nothing.

JOHN GERARD, The Herball, 1597

Fine basil desireth it may be her lot,
to grow as the gelliflower, trim in a pot;
That ladies and gentles, to whom ye do serve,
may help her, as needeth, poor life to preserve.
THOMAS TUSSER, Five Hundred Points, 1577.

It must be watered at noone-tide, cleane contrary to other herbes which would be watered at morning or evening. To cause it to grow great, it is good to crop it oft with your fingers and not with any yron thing. Some report a marvellous strange thing of basill, as namely that it groweth fairer and higher, if it be sowen with curses and injuries offred unto it . . .
RICHARD SURFLET, The Countrie Farme, 1600

The ordinary Basill is in a manner wholly spent to make sweet, or washing waters, among other sweet herbes, yet sometimes it is put into nosegayes.

JOHN PARKINSON, Paradisus, 1629.

This is the herb which all authors are together by the ears about, and rail at one another (like lawyers). Galen and Dioscorides hold it not fit to be taken inwardly; and Chrysippus rails at it with downright Billingsgate rhetoric; Pliny, and the Arabian physicians defend it.

— Being applied to the place bitten by venemous beasts, or stung by a wasp or hornet, it speedily draws the poison to it; Every like draws his like.

— Something is the matter; this herb and rue will not grow together, no, nor near one another: and we know rue is as great an enemy to poison as any that grows.

To conclude; it expels both birth and after-birth; and as it helps the deficiency of Venus in one kind, so it spoils all her actions in another. I dare write no more of it.

NICHOLAS CULPEPER, The English Physician, 1652.

Basil imparts a grateful flavour, if not too strong, somewhat offensive to the eyes; and therefore the tender tops to be very sparingly us'd in our sallet.

JOHN EVELYN, Acetaria, 1699.

Sweet Basil is the right herb for flavouring turtle soup. It has a warm taste resembling clove, and is a great improvement to sauces and to 'cups'. Two hundred years ago French cooks were just as devoted to it for their RAGOUTS as they are today.

FRANCES A. BARDSWELL, The Herb Garden, 1911

The best known story about this legendary herb is the grisly tale of Isabella and the Pot of Basil, told first by Boccacio in the Decameron and later in Keats' poem, but best known to all by the painting of William Holman Hunt.

Isabella kept the head of her dead lover, Lorenzo, in a pot of basil at her bedside, as Salome was supposed to have preserved the head of John the Baptist. This weaves together some early beliefs: that basil thrives on the brains of a murdered man; that it could cause a scorpion to grow inside a man's head; and that it draws out venemous poisons because it is itself a poison. On the other hand, a pot of basil was often placed in the window by a lady as a signal that she was expecting a lover. It was the herb of grief and death.

All this points up the confusion in superstition and folklore about this herb, which caused one modern writer to call it "a plant with a split personality".

Basil is a native of Asia, the Pacific Islands and India, where it is known as **Tulasi** (Ocimum sanctum), sacred to the Hindu diety Vishnu and his wife, Lakshmi. It has been used in cooking for over 2000 years.

The name comes from the Greek, **basileus,** a king. In France it is called Herbe Royale. Known in ancient times in southern Europe, basil was not introduced into England until the 16th century.

The early herbalists thought that basil could not be eaten. The Greeks and Romans believed that cursing the plant when sown would ensure germination. The French proverb **"semer le basilic"** is still used to signify a slander. If you're feeling bad, perhaps you could take it out in a healthy way by heaping abuse on the basil!

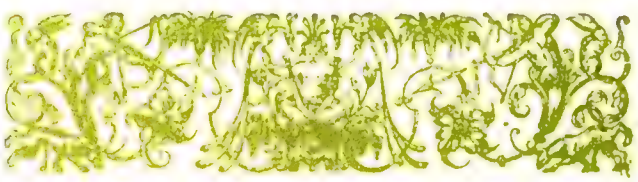
Slowly the sweet scent and savour of basil overcame the nasty legends associated with it. It was said that the flamboyant Plantagenets used it as their royal scent. In the 17th century people flocked to Fleet Street, near the site of John Gerard's garden, to buy the famous Fetter Lane sausages which were spiced with basil.

Today we know basil as a favourite flavouring for many dishes. It goes particularly well with tomatoes, in salads, soups and sauces, omeletes and stews. The flavour is quite strong. Only a pinch is needed to pep up omeletes, cucumber, peas, cheese, fish, spinach, zucchini, potato salad and bean soup. It makes a fine herb oil or vinegar.

Sweet basil is the annual, growing to about two feet, with green or purple shiny leaves which are fragrant. The flowers are usually white or purple, but some types have yellow and red blooms.

Bush basil is more branched and compact, usually only about eight inches high. It is hardier and has a clove-like flavour. Both basils are easily raised from seed and need to be grown in semi-shade. In the garden they are good companions with tomatoes (as on the plate), though **basil does not like rue,** nor rue basil. Keep them well apart.

Used as a strewing herb in the Middle Ages, basil still has a reputation as a discourager of fleas and flies. Harvest the leaves before the flowers open for a finer taste.



BAY LAUREL (Laurus nobilis).
Sweetbay, Laurel. Old form: Laurell.
Evergreen, laurel family.

Bay laurel, from Gerard, 1597

The Bay or Laurell tree commeth oftentimes to the height of a tree of a means bignesse; it is full of boughes, covered with a greene barke: the leaves thereof long, broad, hard, of colour greene, sweetely smelling, and in taste somewhat bitter: the flowers amongst the boughes and leaves are of a greene colour; the berries are more long than round, and be covered with a blacke rinde ...
JOHN GERARD, The Herball, 1597

The Bay leaves are of as necessary use as any other in the garden or orchard, for they serve both for pleasure and profit, both for ornament and for use, both for civil uses and for physic, yea, both for the sick and for the sound, both for the living and for the dead ... so that from the cradle to the grave we have still use of it, we have still need of it.
JOHN PARKINSON, Paradisus, 1629

Neither witch nor devil, thunder nor lightning, will hurt a man in the place where a Bay tree is. Galen said that the leaves or bark do dry and heal very much, and the berries more than the leaves ...
The berries are very effectual against all poisons of venemous creatures, and the sting of wasps and bees, as also against the pestilence, or other infectious diseases, and therefore put into sundry treacles for that purposes ...
A decoction likewise of equal parts of bay berries, cumin-seed, hyssop, origanum, and euphorbium, with some honey, and the head bathed therewith, doth wonderfully help distillations and rheums, and settleth the palate of the mouth into its place.
NICHOLAS CULPEPER, The English Physician, 1652

'Tis thought the King is dead: we will not stay, the Bay trees in our country are all wither'd.
Captain, in William Shakespeare's King Richard II, Act II, Sc4.

The Sweet Bay bush in the farmer's or cottage garden comes with its story from the streams of Greece, where it seeks moisture in a thirsty land along with the wild Olive and the Arbutus. And this Sweet Bay is the Laurel of the poets, of the first and greatest of all poet and artist nations of the earth — the laurel sacred to Apollo, and used in many ways in his worship, as we may see on coins, and in many other things that remain to us of the great peoples of the past.
WILLIAM ROBINSON, The English Flower Garden, 1883.

The sweet bay is the true laurel of ancient Greece. Its leaves were used to make crowns for triumphant heroes, distinguished poets and victors of the Pythian games at Delphi. The title, Poet Laureate, comes from this use.

In Greek myth, Apollo was pursuing a mountain nymph named Daphne. Mother Earth whisked her away to Crete. Apollo consoled himself by weaving a garland from the laurel tree left in Daphne's place. After this, the tree was held sacred to Apollo.

The bay has always been said to confer the gift of prophecy. Originally, it was probably chewed as a drug to procure visions. Leaves, berries and oil are narcotic. Bay leaves were worn as a protection against thunder. A sprig placed under the pillow ensured pleasant dreams. A withering laurel tree was an omen of disaster.

Caeser wore a crown of Alexandrian laurel (Ruscus racemosus). Its broader leaves went further in covering his bald head.

Today the bay laurel is the "herb tree" of modern gardens, growing to a height of 30 feet if allowed, as it does in its native Mediterranean. Usually, it is kept in a tub and trimmed in triangular or globe shape as a small shrub.

"Of all growing things", wrote Gertrude Jekyll, "there is nothing more beautiful in detail than a little branch of Bay, the leaves are so well set on the stems and their waved edges give a satisfying impression of graceful strength".

A jar or packet of bay leaves is kept in most kitchens. The fragrant leaves are added fresh or dry to stews, stuffings, spaghetti, meatloaf, fish, herb vinegars and the inevitable rice pudding. Only half a leaf or at most a full leaf is needed to give its spicy taste.

Dry the leaves in thin layers in a shady place. Then press them under a board with bricks for two weeks to stop them curling. Store in glass jars. Bay rum was once made with the distilled bay oil and rum as an astringent and hair dressing. Alcohol and even methylated spirits later replaced the real spirit.

Increase bay by root cuttings. Keep the tree in a shady place in hot areas and move indoors in winter in cold areas if kept in a tub. Be careful not to use the leaves of the Cherry Laurel, which are shinier and produce poisonous prussic acid when cooked.

A **bouquet garni,** used in French cooking, is a mixture of fresh herbs, usually a bay leaf and sprigs of **parsley and thyme,** which are tied in a cheesecloth bag and added to soups and stews while cooking. They are removed before serving.

Borage

"They have alwaies been enterposed among the flowers of women's needlework", said John Parkinson of Borage in his Paradisus (1629). He identified these plants from the Borage family as: 1. Cowslips of Jerusalem. 2. Narrow leafed Cowslips of Jerusalem. 3. Borage. 4. Everlasting Borage. 5. Anchusa (Sea Bugloss or Alkanet). 6. Marsh Buglosse.

BORAGE (Borago officinalis).
Borage, Beebread, Starflower. Old form: Borago, Borrage, Burrage.
Borage family — annual.

This growyth in gardynggis and it hast a scharp lef and a blew flour. The vertu of this herbe is that it wele clense the rede colour in mannys face. Also this herbe medled in wyn wyl make a man glad and merye. Also it is good to putte in potage for it is holsum for the body.
AGNUS CASTUS, 14th Century

Borage is called in shops Borago: Pliny calleth it Euphrosinum, because it makes a man merry and joyful: which thing also the old verse concerning Borage doth testifie:
Ego Borago gaudia semper ago.
I Borage bring alwaies courage.
Those of our time do use the floures in sallads, to exhilerate and make the minde glad. There be also many things made of them, used for the comfort of the heart, to drive away sorrow, & increase the joy of the minde.
The leaves and floures of Borrage put into wine make men and women glad and merry, driving away all sadnesse, dulnesse, and melancholy.

Syrrup made of the floures of Borrage comforteth the heart, purgeth melancholy, and quieteth the phrenticke or lunaticke person.
JOHN GERARD, The Herball, 1597

Among strawberries sow here and there some Borage seed and you shall find the strawberries under those leaves farre more larger than their fellowes.
WILLIAM COLES, The Art of Simpling, 1656

The tender leaves, and flowers especially, may be eaten in composition; but above all, the sprigs in wine, like those of baum, are of known vertue to revive the hypochondriac, and chear the hard student.
JOHN EVELYN, Acetaria, 1699

Do you know borage? Borage for courage. It's an old, old herb and the flowers come all the winter, beautiful blue flowers, most extraordinary flowers. They look like little blue shooting stars. They taste of cucumber. A touch of oil and salt just corrects the flavour ...
NEIL DOUGLAS, Earth Garden 2, 1972

Vivid as any flower, borage will brighten your spirits and bring bees to your garden. The Welsh called it Llanwenlys, or "herb of gladness" and modern researchers have discovered that it stimulates the adrenal gland.

Borage is an annual which grows well from seed and will easily self-sow, coming up every year once started. The stalk and branched stems are hairy and coarse, the wrinkled leaves pulpy, and the clusters of flowers a brilliant sky blue, or sometimes pink.

The plant grows to about two feet and does best in a sunny spot. A few borage plants will shade the strawberry patch, as **William Coles** suggested. They look stunning in clusters, especially on a high bank, and they make fine borders.

The leaves and flowers, tasting faintly of cucumber, are delicious fresh in salads or added to cider, punch, white wine, Pimms No. 1 cup or even lemonade. They add flavour to soups, especially cabbage, green pea and bean soups. They can be made into fritters, cooked in butter like spinach, or chopped up on bread and butter.

The flowers alone are candied by dipping quickly in egg white, then sugar, and drying on wax paper. Add to sweets and jellies. The flowers are also dried carefully on wire racks to use in pot-pourri.

Borage tea soothes the throat. It is made from the leaves, dried and stored in air-tight jars, one ounce of herb to one pint of water. Or steep the fresh leaves in boiling water. Add honey and lemon if desired.

Borage contains calcium, potassium and saline mucilage which is cooling.

CONSERVE OF BORAGE FLOWERS AFTER THE ITALIAN MANNER.

Take of fresh Borage flowers 4 ozs, fine sugar 12ozs, beat them well together in a stone Mortar, and keep them in a vessel well glazed.

W. M., cook to Queen Henrietta Maria, The Queen's Closet Opened, 1655.

TO MAKE A TART OF BORAGE FLOWERS

Take Borage flowers and parboile them tender, then strayne them with the yolkes of three or foure egges and sweete curdes, or else take three or fouer apples, and parboyle with all, and strain them with sweete butter, and a little mace, and so bake it.

RICHARD PYSEN, A proper new Booke of Cookery, 1575

Burnet, from Gerard, 1597

BURNET (Sanguisorba minor) (syn Poterium sanguisorba). Perennial.
Salad burnet, Pimpernel. Old Form: Pimpernell, Rose family.

That salad is not good nor fair,
If Pimpinella is not there.
ITALIAN PROVERB.

This herbe hast a blew flour as hast heyhoue and lewys lyk to tansye but thei ben not so grete and the vertue of this herbe is that he wele drye and dustroye the humures and the laxatyf with-inne a man. Also it helyth a man of the yelow jawndees.
AGNUS CASTUS, 14th C

It has two little leaves like unto the wings of birdes, standing out as the bird setteth her wings out when she intendeth to flye. Ye Dutchmen call it Hergottes Berdlen, that is God's little birds, because of the colour that it hath in the topp.

WILLIAM TURNER, A New Herball, 1551

Pimpernell is like unto Chickweed; the stalkes are foure square, trailing here and there upon the ground, whereupon do grow broad leaves, and sharpe pointed set together by couples: from the bosomes whereof come forth slender tendrils whereupon doe grow small purple floures tending to rednesse: which being past there succeed fine round bullets, like unto the seed of Coriander, wherein is contained small dusty seed. The root consisteth of slender strings.

They grow in plowed fields neere path wales, in Gardens and Vineyards almost everywhere.

The juyce cures the toothach being snift up into the nosethrils, especially into the contrary nosethrill.

JOHN GERARD, The Herball, 1597

Those which perfume the air most delightfully, not passed by as the rest, but being trodden upon and crushed, are three, that is Burnet, Wild Thyme, and Water Mints, therefore you are to set whole alleys of them, to have the pleasure when you walk or tread.

FRANCIS BACON, Essay on Gardens, 1625

The whole plant is of a stipticke or binding taste or quality, but of a fine quick sent, almost like Baulme ... for the herbe without all question is an excellent helpe to comfort the hart, as the very smell may induce any so to believe.

JOHN PARKINSON, Paradisus, 1629

Salad burnet has serrated leaves which add a cool, nutty, cucumber taste when snipped into salads and cool drinks.

A perennial, burnet grows in a clumpy rosette to a height of 1½ feet, with its fernlike cut leaves radiating outwards from the centre. The flowers have white and rosy round heads, but these should be nipped off if the leaves are needed for salads, to encourage new leaf growth.

For the same reason the plant is usually treated as an annual, being started easily from seed and self-seeding if allowed to flower. It is best planted in full sun and will last throughout the year.

Its compact growth makes salad burnet ideal for city dwellers to use in window boxes and pots. The leaves are added fresh (they don't dry well) to fruit and potato salads, iced drinks, white wine, claret or beer in the same way as **borage.** They make a garnish for soup, added after cooking.

Burnet vinegar is made by steeping the leaves and seeds (if available) in heated vinegar. Keep for two to three months in a stoppered jar before using.

In former times, burnet had a reputation as a wound healer and the mashed up leaves were said to staunch bleeding. King Chaba of Hungary was reputed to have used its juice to cure the wounds of 15,000 of his soldiers after a bloody battle against his brother. Burnet contains magnesium.

Caraway

Carawayes hath manye squared stalkes, and hollow, comming out of one root. And out of the toppes of the stalkes groweth sedes after the maner of Fennell or Dille, and it hath whyte floures and leaves lyk wilde carrot: The rootes are longe, small, and yellow, and pleasant in taste. The sede is hote and drye in the third degree, but the roote and the herbe are not hote.

Caraway warmeth the bodye and provoketh urine and is good for the stomake and maketh one have a swete breth. It helpeth also digestion and it is mixed amongst preservatives and such as easelye goeth throwe one. The stalkes when they come first are wonderful pleasant eaten in a sallet unsodden and the herbe seemeth to make swete and well savoured potage.

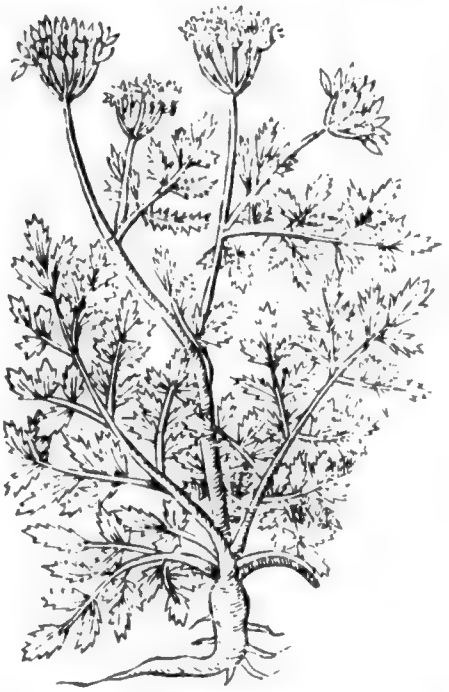
WILLIAM TURNER, A New Herball, 1551

Nay, you shall see mine orchard, where in an arbour, we will eat a last year's pippin of my own graffing, with a dish of carraways, and so forth ...

Shallow to Falstaff in William Shakespeare's Henry IV, Act V, Scene 3.

Wife, sometime this weeke if that all things go cleare,
an ende of wheat sowing we make for this year,
Remember you therefore though I do it not
the Seede Cake, the Paties, and Furmenty pot.
THOMAS TUSSER, Five hundred points, 1577

CARAWAY (Carum carvi). Biennial.
Caraway. Old form: Carraway.
Umbellifer — carrot family.



Caraway, from Parkinson's Paradisus, 1629

Caraway hath many very fine cut and divided leaves lying on the ground, being alwaies greene, some-what resembling the leaves of Carrots, but thinner and more finely cut, of a quicke, hot and spicie taste: the stalke riseth not much higher than the Carrot stalke, bearing some leaves at the ioynts along the stalke to the toppe, where it brancheth into three or four parts, bearing spoakie umbles of white flowers, which turne into small blackish seede, smaller than Aniseede, and of a hotter, quicker taste: the roote is whitish, like un to Parsnep, but much smaller, more spreading underground, and a little quick in taste, as all the rest of the plant is, and abideth long after it hath given seede.

The seede is much used to be put among baked fruit, or into bread, cakes & etc to give them a rellish, and to help digest winde in them are subject thereunto. It is also made into Comfits ... taken for the cold and winde in the body, as are served to the table with fruit.

The roots of Caraway, being boiled, may be eaten as Carrots and by reason of the spicie taste doth warm and comfort a cold weak Stomache, helping to dissolve Wind and to provoke Urine, and is a very welcome and delightful Dish to many.

JOHN PARKINSON, Paradisus, 1629.

Caraway is one of the tribe of aromatic seed-producing umbilliferous plants which also includes **anise, cumin, dill and fennel.**

It is a biennial. In the first year it has finely-cut, lacey, carrot-like leaves. Next year the stalks grow to two or three feet in height, bearing umbels of tiny white flower clusters. These mature into the fruits or seeds, tasting of liquorice, used for many cooking purposes.

Caraway seeds have been found in the debris of the primitive Swiss lake dwellers. In Britain it was a custom from Medieval times to bake "seedcakes" of caraways for farm labourers after wheat sowing. A plate of seeds was served with roast pippins (apples).

A predominant superstition was that objects containing caraway seeds could not be taken away or stolen. So pigeons were fed with the seeds to stop them straying. It was thought that caraway seeds were a sure protection against the loss of hair and that a few seeds placed in his pocket would prevent the theft of a husband's heart!

In Germany **Kummel** liqueur is made from the oil extracted from caraway leaves and seeds. The left-over seed cake has a high fat and protein content and is used as cattle feed. Caraway has been used to flavour perfumes and mouth washes.

The seeds are used especially scattered over rye bread, bread rolls, apple pie and baked apples but also in cakes, cheese, sauerkraut, cabbage soup, beetroot and pork dishes. The young shoots and leaves may be used sparingly in salads.

The root is edible and nourishing prepared in the same way as carrot or parsnip. Roman soldiers mixed the roots with milk to make a bread called **chara.**

Caraway will grow well from seed. It's a good idea to plant caraway each year because of its biennial habit ... sown in autumn it will flower the next year.

Peas are often planted in the same row and harvested before the caraways appear. Don't plant hear fennel.

Collect the seeds in the same way as **dill** as soon as they darken and ripen — otherwise they will split, or the birds will harvest them before you.

Caraway comfits are the seeds crusted with white sugar.

MOLLY BLOOM'S SEED CAKE

1 cup butter, 1 cup sugar, 4 eggs, 2½ cups sifted flour, ½ teaspoon baking powder 2 tablespoons Irish whisky and 1½ teaspoons caraway seeds.

Cream the butter and sugar until white and fluffy. Add the eggs one at a time with a dust of flour each time to prevent separating. Beat well after each addition. Fold in sifted flour and baking powder, add seeds and then whisky. Pour into an eight-inch cake pan, lined with wax paper. Scatter more caraway seeds on top and bake for 1 hour at 375 degrees F. Reduce the heat for the last quarter hour to prevent burning.

CATHERINE OSGOOD FOSTER, the organic gardener, 1972 (reviewed EG4).

CARAWAY CHEESE

Take one cup of cottage cheese, add salt and pepper to taste, one teaspoon of caraways, and enough cream to soften the mixture for spreading.

* * *

Chamomile

CHAMOMILE (Anthemis Nobilis). Perennial.
English or Roman chamomile. Old form: Camomile, camomile, cammomill. Spanish: Manzanilla.
GERMAN CHAMOMILE (Matricaria chamomilla). Annual.
Composite family.

This herbe is called Camomyl: the vertue of this herbe is thus yf it be drunke with wine it weyl breke the stone and destroyeth the yelowe evyl. It helpeth the skin and the deseise of the liver, if it be strained it helpeth and swageth the sores in a mannes mouth, it is good for aking in a mans heade, and for the megrim, this herbe is hote and drye.
ANTHONY ASKHAM, A Lytel Herball, 1550

It hath floures wonderfully shynynge yellow and resemblynge the appell of an eye ... the herbe may be called in English, golden floure. It will restore a man to hys colour shortly yf a man after the long use of the bathe drynke of it after he is come forthe oute of the bathe.
WILLIAM TURNER, A new Herball, 1551.

... For though the camomile, the more it is trodden on, the faster it grows, yet youth, the more it is wasted, the sooner it wears.
Falstaff to Prince Hal in Shakespeare's King Henry IV, Part 1, Act II, Sc4.

The Chamomile shall teach thee patience
That rises best when trodden most upon.
ENGLISH SAYING

Cammomill is good against the collicks and stone ... Oil of Cammomill is exceeding good against all maner of ache and pains, bruisings, shrinking of sinewes, hardness, and colde swellings.
The decoction of Cammomill made in wine and drunke, is good against coldnes in the stomack, sower belchings, voideth winde, and mightily bringeth downe the monthly course.
JOHN GERARD, The Herball, 1597

Cammomill is singular good to mollifie, resolve, rarifie and loosen, and in this respect there is no remedie better for latitudes or wearisomnes without iust outward causes than bathes made with the leaves and flowers thereof: the leaves of cammomill stampt with white wine, make a verie good drinke to cure all sorts of plagues.
RICHARD SURFLET, The Countrie Farme, 1600

To comfort the braine smel to camomill, eate sage ... wash measurably, sleep reasonably, delight to heare melody and singing.
RAM'S LITTLE DODOEN, 1606

In all your Gardens and Orchards bankes and seats of Camomile, Penny-royall, Daisies and Violets are seemly and comfortable.

WILLIAM LAWSON, The New Orchard and Garden, 1618

Syrup made of the juice of Camomile, with the flowers, in white wine, is a remedy against the jaundice and dropsy. The flowers boiled in lye, are good to wash the head, and comfort both it and the brain. The oil made of the flowers of Camomile, is much used against all hard swellings, pain or aches, shrinking of the sinews, or cramps or pains in the joints, or any other parts of the body.

Nechessar says that the Egyptians dedicated it to the sun because it cured argues, and they were like enough to do it, for they were the arrantest apes in their religion that I ever read of.

NICHOLAS CULPEPER, The English Physician, 1652

It will now be good to Beat, Roll and Mow Carpet-walks and Camomile; for now the ground is supple and it will even all inequalities.

JOHN EVELYN, Kalendarium Hortense (October), 1664

No simple in the whole catalogue of herbal medicines is possessed of a quality more friendly and beneficial to the intestines than Chamomile Flowers.
DR W. T. FERNIE, Herbal Simples, 1897

There is a remarkable property about the Camomile which some still believe in implicity — that it is the plant's physician. Nothing is thought to keep a garden so healthy as plenty of Camomile about; it will even revive drooping and sickly plants if placed near them.

FRANCES A. BARDSWELL, The Herb Garden, 1911

English chamomile (Anthemis nobilis) is usually taken to be the Anthemis of Dioscorides, also called Roman chamomile. This distinguishes it from the German chamomile (Matricaria chamomilla), which we have growing in our garden.

They look very much alike and both have been used for centuries for their medicinal virtues. Each has a yellow disc flower with white ray florets around it. The heads are ready to pick when the petals turn back.

The German plant stands erect, reaching two to three feet. The English is lower, mat-like, seldom topping a foot and is the type which was traditionally used for lawns and paths, being regularly clipped and rolled, like the one at Buckingham Palace used for garden parties. It has a sweet scent when walked upon.

Anthemis nobilis is a perennial. Matricaria is an annual. The plants spread by runners.

Both chamomiles are made into a tea which is sedative and used to quieten babies. The blossoms are used, fresh or dried.

In the garden, chamomile is thought of as a "plant doctor", helping to strengthen and revive weak plants nearby. The flowers are used to flavour Manzanilla, a dry Spanish sherry.

Chamomile, from Mattioli, 1583

CHAMOMILE SHAMPOO

Into a basin put one tablespoon of pure soap flakes, one teaspoon of borax and 1oz of powdered chamomile flowers. Add ½ pint of hot water and beat till a thick lather appears. After wetting the hair with warm water, add the lather and massage well into the scalp. Rinse thoroughly and repeat.

CHAMOMILE BEER

12oz Roman chamomile
4oz ground ginger
4oz cream of tartar
2½lb sugar
2oz burnt sugar
10 gals water

Infuse the chamomile and ginger in 5 gals boiling water for 15 minutes in a covered vessel. Strain and pour on to sugar and stir until dissolved. Then add the burnt sugar, cream of tartar and 5 gals cold water. Mix well, add the yeast, and ferment in the usual way.

Adapted from a recipe by Mrs Maude Grieve in Culinary Herbs and Condiments, 1933.

TO MAKE OYLE OF CAMOMILE

Take oyle, a pint and a halfe, and three ounces of camomile flowers dryed one day after they be gathered. Then put the oyle and the flowers in a glasse and stop the mouth close and set it into the Sun by the space of forty days.

EDWARD ALLDE, The Good Housewife's Treasure, 1588

Companion herbs

Herb	Companions & effects
Balm (Melissa)	Brings the bees, benefits plants nearby.
Basil	The tomato herb — keeps disease & pests away from tomatoes. Dislikes rue. Repels flies and mosquitoes.
Borage	Likes tomatoes, squash & strawberries. Deters tomato worm.
Caraway	Likes peas. Will cross-pollinate with fennel.
Catnip or Catmint	Deters flea beetle and mice — but attracts cats!
Chamomile	The "plant's physician". Benefits all nearby herbs and plants, particularly cabbages (it deters cabbage worm & moths), onions and nasturtiums.
Chives	Likes carrots. Deters aphis on roses and scab in apple trees. Dislikes peas & beans. A chive tea infusion is useful for downy and powdery mildew on gooseberries and cucumber.
Dill	Likes cabbages. Dislikes carrots and tomatoes.
Fennel	**Plant fennel near your kennel** or stable to drive away fleas and to keep it out of the main garden. It has a bad influence on most plants, particularly coriander. Powdered leaves or seeds sprinkled about drive away fleas.
Garlic	Beneficial to roses, raspberries and stonefruit. Repels aphis and cabbage moth. Dislikes peas & beans.
Hyssop	Grow with grapes. A trap plant for cabbage moth. Dislikes radish.
Marigold (Calendula)	Likes tomatoes. Deters asparagus & cucumber beetles.
Mints	Good with cabbages and tomatoes. Deters white cabbage moth, flea beetles, mice, ants & fleas.
Nasturtium	Likes radish, cabbage, potatoes, tomatoes, broccoli, beans and curcubits. Deters squash bugs, striped pumpkin beetle. Plant under fruit trees as a trap plant for wooly aphis and whitefly.
Parsley	Grow with tomatoes & asparagus. Deters rose beetles.
Pennyroyal	Repels ants and mosquitoes.
Rosemary	Likes cabbage, beans, carrots & sage. Deters carrot fly, cabbage moth and bean beetles.
Rue	Likes figs, roses and raspberries. Deters fleas, ants and flies. Dislikes basil.
Sage	Plant with rosemary, cabbage and carrots. Deters cabbage moth, repels carrot fly. Retards growth of cucumbers.
Savory	The "bean herb". Deters bean beetle.
Southernwood (Lad's Love)	Deters cabbage moth.
Tansy	Goes with cabbages, roses,raspberries, fruit trees. Deters beetles, ants & aphis, cabbage moth, cutworm & peach tree borer.
Thymes	Deter cabbage moth.
Wormwood	Likes radish. Deters cabbage moth, carrot fly, black flea beetle, wild and tame animals.
Yarrow	Increases the aromatic qualities of medicinal and fragrant herbs.

Dill

Dill, from Turner, 1551

DILL (Anethum graveolens)
Dill. Old form: Dyll
Umbelliferae — carrot family. An annual.

The decoction of the dried haire & of the seed being drank, draws down milk & assuageth the tormina and inflations, & stops both the belly & the vomitings that float on the top of the stomach.
DIOSCORIDES, 1st Century (trans Goodyer, 1655)

The brothe of the leves and sede of dry dyll dronken bryngeth mylke to the breastes, it stancheth gnawynges in the belly, and wynde in the same ...
Dyll as Galene sayth swageth ake, provoketh slepe when it is grene, and maketh rype rawe humores. The oyle that is made of dyll is good to be given unto them that are werye in winter, for it softneth and moysteth and is good for them that are sicke of an ague that commeth of small fleme, and for all dyseases that come of a coulde cause.
WILLIAM TURNER, A New Herball, 1551.

They sowe Dill in al gardens, amongst wortes, and Pot herbes.
The decoction of the toppes and croppes of Dill, with the seede boyled in water and drunken, causeth women to have plentie of milke.
REMBERT DODOENS, A niewe Herball (trans Lyte), 1578

Dill doth much grow wilde, but because in many places it cannot be had, it is therefore sowne in Gardens, for the uses whereunto it serveth. It is a smaller herbe than Fennell, but very like, having fine cut leaves, not so large, but shorter, smaller and of a stronger, quicker taste: the stalke is smaller also, and with very few loynts and leaves on them, bearing spoakie tufts of yellow flowers, which turne into thinne, small and flat seedes: the root perisheth every yeare, and riseth againe for the most part of its owne sowing.
JOHN PARKINSON, Paradisus, 1629

It stayeth the hiccough, being boyled in wine, and but smelled unto being tied in a cloth ... The decoction of Dill, be it herb or seed, (only if you boil the seed you must bruise it) in white wine, being drunk, it is a gallant expeller of wind and provoker of terms.
NICHOLAS CULPEPER, The English Physician, 1652

I am always pleased with that particular time of the year which is proper for the pickling of dill and cucumbers, but alas! this cry like the song of the nightingale is not heard above two months.
RICHARD ADDISON (London Street Cries), The Spectator CCLI

Dill grows easily from seed planted in spring, flowering two months after sowing. The seeds mature in 70 days, when the plant has reached a height of three feet. Plant again in autumn where winters are mild.

Usually there is a single dark green hollow stalk, branching out to soft, blue-green, feathery tendrils (so fine that Dioscorides called them "hair"), bearing often four delicate umbels of yellow florets which turn into tiny brown seeds (one ounce may contain 25,000 seeds). Stem, leaves and seeds are aromatic. Virgil called dill "a pleasant and fragrant plant."

The name dill comes from the Norse, **dilla,** to lull. Dill water is still a homely remedy for wind in babies. Dill seed and umbels are traditionally used in pickling cucumbers (see recipes).

The leafy branches may be chopped and added, fresh, to salads, potato salad and cottage cheese, or sprinkled over grilled lamb chops. The young leaves and stalks give a unique flavouring to winter soups.

Dill seed is sprinkled over bread, pastries and apple pie and is used in butter or mayonnaise as a spicy sauce for fish. It's nice with Turkish-style salad of yoghurt-and-cucumber.

Save dill seeds by cutting the umbels when they have turned brown in autumn. Spread over a cloth to dry in the shade for about 10 days. Thresh by beating over a cloth, or rub the seeds out between the palms of your hands. Store in airtight jars. The leaves are dried by chopping finely and placing them in a basket and turning often.

Dill contains the minerals potassium, sodium, sulphur and phosphorus and a volatile oil.

Don't plant dill near carrots or tomatoes because it will stunt their growth as they mature. Dill near fennel will cross-pollinate, producing plants which are neither dill nor fennel.

Dill vinegar is made by soaking the seeds in a good vinegar for a few days before use.

Dill butter: Blend in ¼ teaspoon dried dill leaf (often called dill weed) and 1/3 teaspoon white wine vinegar. Spread on boiled fish, or on cabbage or green beans.

Dill seeds may be used in recipes in place of **caraway** seeds.

DILL AND COLLYFLOWER PICKLE

Boil them till they fall in pieces. With some of the stalk, and most of the flower, boil it in a part of the liquor till pretty strong. Being taken off, strain it; and when settled, clear it from the bottom. Then with Dill, gross pepper, a pretty quantitie of Salt, when cold, add as much vinegar as will make it sharp, and pour all upon the Collyflower.

JOHN EVELYN, Acetaria, a book about Saletts, 1699.

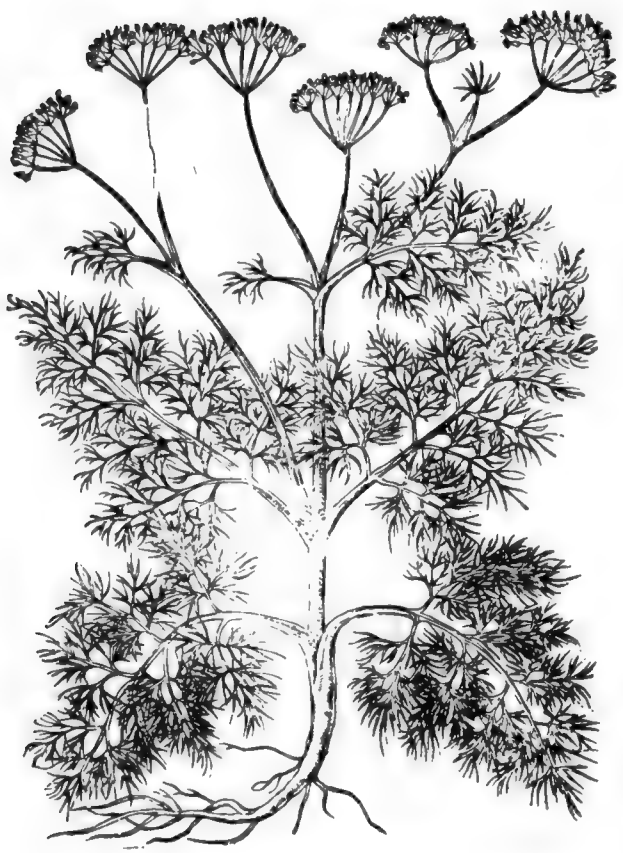
TO PICKLE CUCUMBERS IN DILL

Gather the tops of the ripest Dill, and cover the bottome of the vessel, and lay a layer of Cucumbers and another of Dill, till you have filled the vessel within a handful of the top. Then take as much water as you think will fill the vessel and mix it with salt and a Quarter of a Pound of allom to a gallon of water and poure it on them, and presse then down with a stone on them, and keep them covered close.

For that use I think the water will be best boyl'd and cold, which will keep longer sweet, or if you like not this pickle, doe it with Water, Salt and White Wine Vinegar, or (if you please) pour the Water and Salt on them scalding hot, which will make them ready to use the sooner.

JOSEPH COOPER, (Cook to Charles I), Receipt Book, 1640.

Fennel



Fennel from Mattioli, 1583

FENNEL (Foeniculum vulgare). Perennial.
Common fennel. Old form: Fenel, fenkel, finkle.
SWEET FENNEL (F. dulce). Annual.
Florence fennel, Finocchio.
Umbilliferae — carrot family.

Fennel deserves high praise both for its taste and smell. It is good for weak eyes.

WALAFRID STRABO, The Little Garden, 875 AD

He who sees fennel and gathers it not, is not a man but a devil.

WELSH MYDRAI, 13th Century.

I have pepper and paeony seed and a pound of garlick,
And a farthingworth of fennel-seed, for fasting days.
Alewife in Piers Plowman, 14th Century

Then wente I forth on my right hond
Doun by a litel path I fond
O mentes ful and fenel greene.

GEOFFREY CHAUCER, The Romaunt of the Rose, 1368.

And nowe in our tyme, the grene leaves of the Fenell be strawed under Cakes and bread, set in the Oven to geve a sweter taste, and flavoure unto the cruste. Also the grene leaves be stuffed in Sea Fyshe, to take away their Seaye savoure and smel, in the eating, whiche the daintie mouthes, can scarcely beare withall.

And the Juice of the Fennel, myxed with warm myike, and the same given to drincke unto young Babes, & sucking children, helpeth the hardnes of fetching the breathe.

And the Fennell eaten, doth comforte the stomacke, and helpeth digestion, and the like both the powder of the seedes, eyther eaten or druncke.

THOMAS HYLL, The proffitable Arte of Gardening, 1568.

I advise all studentes that be troubled with winde in the stomacke or bellie, to cause Fenell seedes, Anise or Carewaie to be wrought up in their bread. And if they list they may boyle anie sorte of them in white wine.
THOMAS COGAN, The Haven of Health, 1584

The pouder of the seed of Fennell drunke for certaine daies together fasting preserveth the eye-sight: whereof was written this Distichon following:

Of Fennell, Roses, Vervain, Rue and Celandine,
Is made a water good to clear the sight of eine.
JOHN GERARD, The Herball, 1597

In Fennel-seed, this vertu you shall finde,
Forth of your lower parts to drive the winde.
Of Fennel vertues foure they do recite,
First, it hath power some poysons to expell,
Next, burning Argues it will put to flight,
The stomack it does cleanse, and comfort well:
And fourthly, it doth keepe and clense the sight,
And thus the seede and herbe doth both excell.

SIR JOHN HARINGTON, The Englishman's Doctor, 1608.

The seede is much used to be put into Pippin pies and divers other such baked fruits, as also into bread, to give it the better relish ... fennel is of great use to trim and strowe upon fish, as also to boil or put among fish of divers sorts.

JOHN PARKINSON, Paradisus, 1629

Every garden affords this so plentifully, that it needs no description.

One good old fashion is not yet left off, viz to boil the Fennel with fish, for it consumes that phlegmatic humour, which fish most plentifully afford and annoy the body with, though few that use it know wherefore they do it ...

NICHOLAS CULPEPER, The English Physician, 1652.

Above the lowly plant it towers,
The fennel, with its yellow flowers,
And in an earlier age than ours
Was gifted with the wondrous powers
Lost vision to restore.
WILLIAM WADSWORTH LONGFELLOW, Goblet of Life.

This elegantly-growing plant grows best in chalky soils, where, indeed, it is often found wild. It is very generally cultivated in gardens, and has much improved on its original form. Various dishes are frequently ornamented and garnished with its graceful leaves, and these are sometimes boiled in soups.

MRS ISABELLA BEETON, Household Management, 1888

Prometheus, according to Sophocles, stole the spark of fire from Olympus and brought it to earth hidden inside the stalk of a giant fennel. The ancient Greeks kindled their holy fires with burning charcoal kept in the pith of a fennel plant. We have seen the Greek islanders of today using the same method to carry fire.

The Greeks revered fennel as giving strength, courage and long life. Among other virtues it was said to improve the sight, clear inflammed or misty eyes, relieve chest pains and promote the flow of a mother's milk. The Greek name for fennel, **Marathron** literally meant "to make thin" an attribute borne out by the later herbalists. The name is connected also to the Plain of Marathon outside Athens, where the famous battle of 490 BC is said to have been fought on a field of fennel.

The botanists tell us that the plant mentioned in myth is the giant fennel (Ferula communis). These days we are more concerned with its relatives, wild or common fennel (Foeniculum vulgare) and Florence fennel (F dulce). The more domesticated garden fennel is sometimes referred to in older books as **F. officinalis.**

The Latin genus name of Foeniculum came from the word for hay, perhaps because of the plant's fresh smell.

In 812 AD Charlemagne listed fennel among the herbs he directed to be planted in his gardens. In the Middle Ages, fennel served for fast days and for famine, as well as for slimming, as it dulls the appetite. It helped to make food more palatable, correcting the oily taste of fresh or salted fish like salmon and mackerel.

In the 13th Century the household accounts of Edward I show that 8½lbs of fennel seed were used in one month.

Later fennel came to be the symbol of flattery, in Italy, where to "dare finocchio" meant to give fennel; and in Britain, where a character in Ben Jonson's play, **The Case Altered,** says: "O, this smells of fennel". The Cockney slang "to flannel" probably comes from this usage.

Though fennel is a handsome useful plant, it does not have a good influence on herbs and vegetables nearby. The maxim: "Plant fennel near your kennel" has two senses — to keep fennel out of the main garden; and a reference to the fact that **the powdered leaves and seeds of fennel will drive away fleas.**

"Fennel has a harmful effect on bush beans, Caraway, tomatoes and kohlrabi", Helen Philbrick and Richard Gregg say in **Companion Plants** (1966). "Contrariwise, Fennel seed formation is prevented by the presence of Coriander. Furthermore, Fennel suffers still more in the presence of wormwood". It should not be grown near dill.

Common fennel is a perennial, easily raised from seed, or propagated by root division. It will do best in a separate block or as a background to the herb garden in a sunny spot. Plant seeds about a foot apart.

It grows to about five feet in height, with a smooth, glossy, blue-green stalk, flat at the base and much branched. The leaves are feathery and shiny green, the umbels bearing bright yellow flowers. The seeds which follow are ribbed, a brown-grey colour. They are harvested by cutting the umbles and drying on a tray in the sun or on a stove with low heat.

The leaves are used, cut finely, in salads. The flavour is like anise. Leaves and young stalks spice soup and sauce. Plants used for this purpose may be cut back regularly and not allowed to flower and will last for years. The tender flower stalks, before blossoming, may be peeled like celery and served as a salad with a dressing of vinegar and pepper, or stewed in stock and served with butter sauce. You may use thinnings in this way.

Fennel seeds add flavour to bread, fish sauce, pies, fruit pastries, sauerkraut, cole-slaw, spaghetti, meatballs and home-brewed beer and wine. The seeds were also dipped in sugar and eaten as **comfits** in the same way as **coriander,** to aid digestion.

Fennel is the fish herb, growing as it does along the sea coast and river estuaries. When boiling fish, tie up some crushed fennel seed with equal amounts of **thyme, basil and sage** in a cloth. Add this to the saucepan when cooking and remove before serving.

Use fennel leaves in fish marinades or place a sprig inside fish when baking or grilling. Add finely chopped fennel leaves or crushed fennel seeds to butter, white sauce or stock to be served with fish. **The crushed seeds mixed with garlic powder make a good dressing for pork.**

Florence fennel or Finnochio (F dulce) is a more compact annual plant, grown for its swollen base, which is eaten as a vegetable. You may have seen it in greengrocers and markets, especially in Italian areas.

Finnochio needs richer soil than common fennel and requires regular watering. The soil needs manuring or composting for the base to develop. When it is about the size of an egg, heap up soil about the base to blanch it. Harvest in two weeks.

It has paler stalks than the common fennel, with dense plumes of leaves. It is eaten sliced in salads, or cooked with butter, pepper and salt, or melted cheese.

Carosella or Sicilian fennel (F var piperitum) is another type growing in southern Italy, cultivated for its tender stems which are eaten raw.

Bees and honey, from Mattioli, Lyons, 1579

Honeybees

About them set fresh Lavender and store Of Wild Time with strong Savorie to floure.

PLINY, Natural History, 1st C.

The owners of Hives have a perfite forsight and knowledge what the increase or yeeld of honye will be in every yeare, by the plentiful or small number of floures growing and appearing on the Tyme about the Sommer solstice.

For this increaseth and yeeldeth most friendly floures for the Bees which render a coloure and savoure to the Hony.

THOMAS HYLL, The proffitable arte of Gardening, 1568.

Go looke to thy bees if the hive be too light
Set water and honie, with rosemarie dight,
Which set in a dishful of stickes in the hive
From danger of famine ye save them alive.

THOMAS TUSSER, Five Hundred Points of Good Husbandry, 1573.

Bawme is much sowen and set in Gardens, and oftentimes it groweth of itself in Woods and mountaines, and other wilde places: it is profitable planted in Gardens, as Pliny writeth, about places where Bees are kept, because they are delighted with this herbe above others, whereupon it hath beene called Apiastrum: for, saith he, when they are straied away, they doe finde their way home againe by it . . .

JOHN GERARD, The Herball, 1597

. . . They may file their sundrie and severall waies to get diversitie of pastures, and so againe may returne to their little cottages laden with their composition of hony: and again in such a place as wherein there is great quantity of thyme, orgaine, savorie, ivie, winter savorie, wild thyme, rosemary, sage, corneflag or gladdon, gilliflowers, violets, white lillies, roses, flowre-gentil, basill, saffron, beanes, poppie, melilot, milfoile, and other sweet herbs and flowres, wherein there is no bitternesse.

RICHARD SURFLET, The Countrie Farme, 1600.

You shall perfume the Hive with Juniper, and rub it all within with Fennel, Hyssop, and Time-flowers, and also the stone upon which the Hive shall stand . . . for in all cleanlinesse and sweetnesse the Bees are much delighted.

GERVASE MARKHAM, The English Husbandman, 1613.

There remaineth one necessary thing prescribed, which in my opinion makes as much ornament as either Flowers or forme or cleanliness, and I am sure as commodious as any of or all the rest, which is Bees, well ordered. I will not account her any of my good Housewifes, that wanteth either Bees or skillfulness about them.

WILLIAM LAWSON, The Countrie Housewifes Garden, 1617.

Honey in Spaine smelleth (apparently) of the Rose-Mary of Orenge, from whence the Bee gathereth it.
FRANCIS BACON, Essay on Gardens, 1625.

A bee garden would be a novelty for the gardener in search of something new. After you learn the herbs favoured by the bees, your imagination and ingenuity will help to form a most delightful garden. A hedge of blue-flowered hyssop might enclose this garden which will swarm with bees from morning to night ... Near the hives, use some tall-growing plants to set them off, such as fennel, daphne, yellow melilot, and in front of the hives plant lemon balm, sweet cicely and a few low-growing herbs. Other plants loved of bees are borage, bugloss, marjoram, thyme and lavender.
ROSETTA CLARKSON, Herbs, Their Culture and Uses, 1942.

A Moslem story tells of a princess who was ill. A wise man said that she would recover only if she were given 1000 plants. A herb-seller heard about the problem. "Give her honey," she advised, "that comes from a thousand plants." Of course the princess soon recovered!

Honey goes as well with herbs as the bees go with the herb garden. If you have the space, keep bees to increase your delight and pollinate your plants.

See Earth Garden 4, for: "A pleasant treatise on the honeybee: touching on history, bee-lore, honey, practical beekeeping and the sources."

MELROSETTE, or Honey of Roses

Melrosette is made thus, take faire purified hony and newe redde roses, the white endes of them clypped away, than chop them smal and put them into the hony and boile them menely togither, to knowe whan it is boyled ynough, ye shall knowe it by the swete odour and the colour redde. Five yeres he may be kepte in his vertue, by the Roses he hath vertue of comfortinge, and by the hony he hath vertue of clensynge.
ANTHONY ASKHAM, A Lytel Herball, 1550.

HYDROMEL AS I MADE IT WEAK FOR THE QUEEN MOTHER

Take eighteen quarts of spring water, and one quart of honey, when the water is warm put the honey into it. When it boileth up, skim it very well and continue skimming it as long as any scum will rise. Then put in one Race of Ginger (sliced in thin slices), four Cloves, and a little sprig of green Rosemary.

Let these boil in the liquor so long till in all it have boiled one hour. Then set it to cool, till it be blood-warm, and then put to it a spoonful of Ale-yest. When it is worked up, put it into a vessel of a fit size, and after two or three days, bottle it up. You may drink it after six weeks or two months.
SIR KENELM DIGBY, The Closet Opened, 1669.

AGAINST BEE- STINGS

After removing the sting, rub the wound with the leaves of either balm, marigold, rue, dock or burdock.

HERBS AND PLANTS FOR A BEE GARDEN

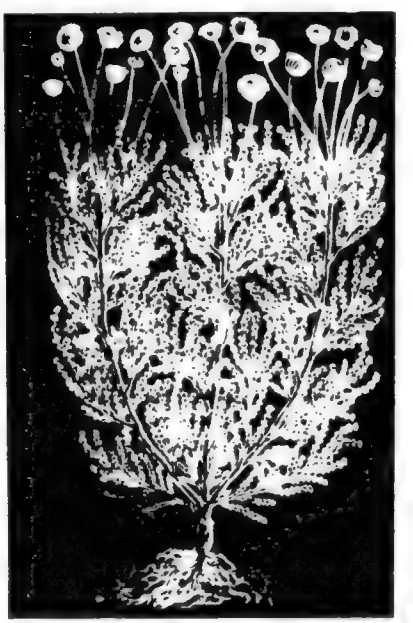
Alfalfa	Marjoram
Balm	Mints
Basil	Rosemary
Bergamot	Sage
Borage	Savory
Chamomile	Stock
Clover	Sweet cicely
Cornflower	Sunflower
Fennel	Thyme
Fruit trees	Vines
Hyssop	Violets
Lavender	Wattle
Marigolds	Woodruff

Lad's Love

LAD'S LOVE (Artemisia abrotanum). Evergreen. Southernwood, Old Man, Maiden's Ruin, Garde-Robe (French).
Artemisia family — a shrub.

Southernwood of the hair-like leaves cures fevers and wounds; it has well-nigh as many virtues as leaves.
WALAFRID STRABO, The Little Garden, 875 AD.

The vertue of this herbe is thus: that yf they breake the sede and drynke it with water, it healeth men that have ben bytten with any venemous beast. Also this herbe destroieth wormes i a mans wombe ... also this herbe burnt, and the ashes medeled with oyle, maketh heare growe sooner.
ANTHONY ASKHAM, A Lytel Herball, 1550



Lad's love, from Gerard, 1597

Southernwood is hoat and drie in the third degree, it is not used in meates, the smell of it is so strong that it will make some mens heads to ake, yet the herbe something dryed and put in a lynnen bagge, and laide as a stomager next the skinne comforteth a colde stomacke well.
THOMAS COGAN, The Haven of Health, 1584

The seed as well as the dryed hearbe, is often given to kill the worms in children, the herbe bruised and laide to, helpeth to draw forth splinters and thornes out of the flesh.
JOHN PARKINSON, Theatrum Botanicum, 1640.

Clip 4 ounces of the leaves fine and beat them in a mortar with 6 ounces of loaf sugar till the whole is like a paste. Three times a day take the bignesse of a nutmeg of this. It is pleasant and one thing is it in particular, it is a composer and always disposes persons to sleep.
SIR JOHN HILL, The British Herbalist, 1772.

Old Man, or Lad's-love — in the name there's nothing
To one that knows not Lad's-love, or Old Man,
The hoar-green feathery herb, almost a tree,
Growing with rosemary and lavender.
EDWARD THOMAS (1878-1917), Old Man

What's in a name? In the case of southernwood, each of its many names tells us something of the attributes it has gathered through the centuries in different cultures.

Old Man, the most obvious, was suggested by its appearance — a rather hoary, greyish bunch of fluff like an old man's beard. **Lad's love** came from the custom of country boys giving a sprig to their sweethearts on Sundays. It was a symbol of love and fidelity.

Garde-robe the French tagged it because they used its dried leaves in wardrobes to protect fur and woollen clothing. **Maiden's ruin** comes from its reputation both as a love charm and as an aphrodisiac.

It is an **Artemisia,** like wormwood, named for the Greek goddess, Artemis.

Lad's love is a low-growing evergreen shrub with woody branches and feathery, threadlike foliage which has a fragrant lemony-pine aroma. It grows between three and five feet and bears whitish-yellow blossoms. It is best propagated by cuttings or root clumps.

Artemisias have been identified among other plants in stone carvings of the Assyrians dating back to 600 BC. Its use has been mainly as a moth repellent.

It's a good idea to sew up the dried leaves in a muslin or cheesecloth bag to place with clothing stored over summer.

In the garden, lad's love protects against the cabbage butterfly and fruit tree moths when planted nearby. It has one bad reputation, that of repelling bees, so the shrub is usually kept away from the main garden area.

Old woman (A. stelleriana), also called Dusty Miller, is a silvery related Artemisia which grows in sandhills in North America.

In Italy, lad's love is rubbed over lamb before cooking and young shoots are used to flavour cakes, but there are few culinary uses.

Burn a few leaves on the kitchen stove or in the fireplace to get rid of cooking odours.

Marigold

MARIGOLD (Calendula officinalis). Annual.
Calendula, Pot Marigold. Old form: Golde, marigolde, marygold.
Composite.

Golde is bitter in savour
Fayr and yelow is his flouwr
The golde flour is good to sene
It makyth the syth (sight) brythe and clene
Wyscely to lokyn on his flowris
Drawyth out of the heed wikked hirores (humors).
MACER'S HERBAL, trans John Lelamoure, 1373

Marigolds have not neede of any great ordering, for they grow in untilled fields and in any ground that a man will, neither doe they crave to be sowen everie yeere: for being once sowen, they afterwards grow of themselves; and beare flowers in the Calends of every moneth of the yeare, as well in sommer as in winter, for which cause the Italian cal them the flowre of al the moneths. To be short, the place where they have once been sowen can hardley be rid of them. If they be never so little husbanded, and cut manie times, they will beare most faire flowers and very great, but yet ever more in autumne than in the spring.

Some say that to eate oft of marigold leaves doth make a good countenance: the distilled water of marigold leaves being dropt into the eies, or linnen clothes wet therein and applied unto them, doth heale the rednes of the eies.
ANTHONY ASKHAM, A Lytel Herball, 1550

Marygoldes floures dronken, drawe downe wymens siknes: & so doth the iuice of the herbe: whyche is a present remedy for the toothe ake, if the mouthe be wasshed with it: summe use to make theyr here yelow with the floure of this herbe, not beyng content with the natural colour, which God hath geven them.
WILLIAM TURNER, A New Herball, 1551

Some terme it the Sunnes floure, or the follower of the Sunne, and it is of some named the Husbandman's Dyall, in that the same sheweth to them both the morning and evening tide. Other name it the Sunne's Bride, and Sunne's hearbe ... This Marigold is a singular kind of Herbe, sowen in Gardens, as well for the potte as for the decking of Garlands bewtifying of Nosegayes, and to be worn in the bosom.
THOMAS HYLL, A Most Briefe and pleasaunt treatyse, 1563

The distilled water of Marigolds put into the eyes, cureth the rednesse, and inflammation of the same.
REMBERT DODOENS, A niewe Herball (trans Lyte), 1578

The yellow leaves of the floures are dried and kept throughout Dutchland against winter, to put into brothes, in Physicall potions, and for divers other purposes, in such quantitie, that in some Grocers or Spice-sellers houses, are to be found barrels filled with them, and retailed by the pennie more or lesse, in so much that no brothes are well made without dried Marigolds.

JOHN GERARD, The Herball, 1597.

The herbe and flowers are of great use with us among other pot-herbes and the flowers eyther greene or dryed, are often used in possets, broths, and drinkes, as a comforter of the heart and spirits, and to expel any malignant or pestilential quality, gathered neere thereunto. The Syrup and Conserve made of the fresh flowers, are used for the same purposes to good effect.

JOHN PARKINSON, Paradisus, 1629

The juice of Marigold leaves mixed with vinegar, and any hot swelling bathed with it, instantly gives ease, and assuages it. The flowers, either green or dried, are much used in possets, broths, and drink, as a comforter of the heart and spirits, and to expel any malignant or pestilential qualities which might annoy them.

NICHOLAS CULPEPER, The English Physician, 1652

Marigolds in mediaeval times were called just Golds, and small wonder, for in mass the old Pot Marigold looks like a sea of shimmering gold. I think it is one of the most beautiful of old-fashioned flowers.

ELEANOUR SINCLAIR ROHDE, Culinary and Salad Herbs, 1940

The old-fashioned pot marigold on our cover, taken from John Gerard's Herball of 1597, is our favourite flower — as it has been the favourite in cottage gardens for hundreds of years.

This is the single, annual calendula, which blooms all summer, not the double ruffled giant calendulas developed from it, or the smelly French and African marigolds mentioned opposite.

The name comes from the Greek **kalends,** meaning the first days of the month, when it was said to be always in bloom. The Greeks said the first marigolds were nymphs turned by Artemis (Diana) into flowers.

The huge amount of literature on marigolds shows how they have been loved for so long, yet in ancient Greece they were also a funeral offering and in Germany and Mexico it is still the flower associated with death.

It was also linked with jealousy. The Queen in Geoffrey Chaucer's The Knight's Tale, refers to "Jalousye, that wered of yelewe gooldes a gerland".

But the marigold isn't just a pretty face. Its petals are used still in flavouring soup, syrups and conserves and to colour butter and cheese. The dried petals are added to custards, bread and cakes, or scattered over salads.

A wound salve was formerly made by boiling marigold leaves in lard. The ointment was used in the US Civil War and in the First World War. A tea is made from a teaspoon of dried petals and boiling water.

Marigolds grow easily from seed. Their round heads range in colour from pale yellow to deep orange, sometimes with contrasting centres. Leaves are dark green and succulent.

Pot Marigold, from Gerard, 1597

MARIGOLD PUDDING

Take a pretty quantity of marygold flowers very well shred, mingle with a pint of cream on new milk and almost a pound of beef suet chopt very small, the gratings of a twopenny loaf and stirring all together put it into a bag flower'd and tie it fast. It will be boil'd within an hour — or bake in a pan.

JOHN EVELYN, Acetaria, 1699.

A variation on this old recipe was a great success with Helen M. Fox, author of **Gardening with Herbs for Flavouring and Fragrance,** 1933 (available as a Dover reprint). Marie, a fine cook from the south of France, omitted the cream and the bread gratings, substituting two well-beaten eggs, two cups of flour, one cup of sugar and a cup of currants, steaming the mixture in a floured cloth for two hours. It was served with lemon juice and marigold petals "sticking out all over it like cloves on a baked ham".

MARIGOLD CHEESE

Pick the finest petals and pound in a mortar, straining out the juice. Make a junket in the usual way, with milk and rennet and add the juice to the milk first. When set, break it as equally as possible — then put into the cheese vat and press with gentle weight so that the whey can pass through the holes at the bottom of the vat.

HILDA LEYEL, Herbal Delights, 1937.

MARIGOLD EGGS

This recipe is given by Dorothy Hartley in **Food in England** (1954). "This is Worcestershire and Oxfordshire", she says, "and probably very old".

Line a shallow dish with thin shortcrust, butter the bottom and cover it with thinly sliced apples, and set it to bake until the apples are just cooked. Make a custard mixture of eggs beaten in milk, season strongly with pepper, salt and thyme, a very little chopped sage, and a lot of marigold petals (the common yellow marigold). Pour this savoury custard over the cooked apples and return it to the oven to bake till set.

I was told it was served with roast pork, like Yorkshire pudding is served with roast beef (the sage and apple indicate this), but the marigold is more usually a cheese condiment.

The Mexican marigold, TAGETES MINUTA, is a plant that deserves intensive investigation. This is an unusual half-hardy annual which has travelled all over the world. Originally, it was a native of Latin America, but later was introduced into Europe. In the 1900's a packet of seeds was shipped from England, where it had failed to set seed, to an Australian gardener named Roger. Instead of becoming a garden plant, it promptly became a fast-spreading weed. It was dubbed "Stinking Roger" as an everlasting tribute to its perpetrator.

BEATRICE TRUM HUNTER, Gardening Without Poisons, 1971

HERBS UP NORTH
By Marjorie Spear

Very few herbs grow well in Kuranda or Cairns. They cannot thrive in the heat and the wet.

On the Tablelands, 50 miles from Kuranda, the soil is porous and volcanic and the temperatures much cooler. Friends there grow successfully many of the so-called European herbs.

At Harmony Farm I have found that **Marigolds** of all kinds have tremendous health-giving properties planted around trees. The **Stinking roger** (Tagetes minuta), a so-called weed, though not attractive like **African Marigolds** (Tagetes erecta), or **French Marigolds** (Tagetes patula), is a wonderful help planted near vegetables, especially tomatoes.

The exudations from the Marigold and Roger roots do something very special for the soil, and so does the strong aroma from the leaves.

Try growing Tagetes or Roger in an empty plot. Provided the soil is good, you should grow vegetables with good health and **nematodes** should vanish on the follow-up.

The marigolds and Roger make excellent compost or liquid manure, when mature, or you can cut off the tops and use them when they are in the way. You must allow some to seed, or you will lose your valuable garden friends. Their roots also weaken the growth of **oxalis** which might be growing near.

Even in North Queensland we are troubled with oxalis. I am heartily tired of digging up oxalis bulblets, so now I am trying the Henry Doubleday Research Association idea of breaking off the plants at ground level (the oftener and sooner, the better). I am told that oxalis plants will die in two years after this treatment.

Most herbs are aromatic. I urge you to grow as many as climate and space permits. Herbs are good to eat and drink as they contain many qualities not found in fruit and vegetables. Use them every day — don't wait till you are ill and need dried herbs from the herbalist.

Parsley grows well here as an annual, though the wet summer kills it. The **mints** grow, but only the three-in-one thrives. The other mints are chewed by caterpillars in the wet season.

A good spray for your garden can be made from any herbs you have growing, boiled and then simmered in water, cooled and strained. I add the small red Bird's-eye **chillies** when boiling up the mixture.

Nasturtiums are a valuable friend. You can eat with benefit the leaves, flowers and seeds. Planted around the trees, especially peaches, they are a help.

Many dear folk from Down South come to visit me when up North, but will you please telephone me from Cairns (costs 10 cents) before coming? I am very busy and do like visitors to arrange a day and time. Telephone: 93 8205.

Marjorie Spear, Harmony Farm, Kuranda.

Double French or African marigold, from John Parkinson's Paradisus, 1629

Curled and crisp mint and spearmint, from Gerard, 1597

Mints

SOME MINTS. Old form: Mynts, mintes, myntes. Perennial.
APPLE MINT (Mentha rotundifolia). Woolly mint.
CORN MINT (M. arvensis). Field mint, wild mint.
CORSICAN (M. requienii).
CURLY LEAFED (M. crispa).
EGYPTIAN (M. niliaca).
EAU DE COLOGNE (M. pip citrata).
HORSE MINT (M. longifolia). Hairy mint.
LEMON (M. citrata). Orange mint, Bergamot mint.
PEPPERMINT (M. piperita). English mint, Mitcham peppermint.
RED MINT (M. gentilis).
SPEARMINT (M. spicata). Garden, lamb and Roman mint.
VARIEGATED APPLE (M. rot variegata). Pineapple mint.
WATERMINT (M. aquatica). Curled mint.

Woe to you, scribes and Pharisees, hypocrites! for you tithe mint and dill and cummin, and have neglected the weightier matters of the law, justice and mercy and faith . . .
MATHEW 23:23.

I shall never lack a good supply of common mint, in all its many varieties, all its colours, all its virtues. But if any man can name the full list of all the kinds and all the properties of mint, he must know how many fish swim in the Indian Ocean, how many sparks Vulcan sees fly into the air from his vast furnace beneath Etna.
WALAFRID STRABO, The Little Garden, 875 AD

And first the Myntes may be planted near unto a well, or other running water, for that the herbe delighteth in a moyste place. And to be sette eyther in slippes, or in the whole rootes, and flourishinge in the Summer, but withered in the wynter.
All the sortes of the Myntes in the Garden, doe bothe comforte the stomacke, and helpe digestion. And nowe the Myntes broughte to pouder, and eaten in Mylke, doth slea the womes in the bodie. And the daily use of this herbe eaten, doth lose the belly, and the daily using of this herbe doth give a good colloure. And at any time eaten, is very healthful to the body.
THOMAS HYLL, The proffitable Arte of Gardening, 1568.

They lay it with good success unto the stingings of Bees and Waspes.
REMBERT DODOENS, A niewe Herball (trans Lyte), 1578.

Mintes put into milk, it neyther suffereth the same to curde, nor to become thick, insomuch that layed in curded milke, this would bring the same thinne againe.
THE GOOD HOUSEWIFE'S HANDMAID, 1588.

There be divers sorts of Mints, some of the garden, others wilde or of the field; and also some of the water.
The smell of Mint, saith Pliny, doth stir up the mind, and the taste to a greedy desire of meat. Mint is marvellous wholesome for the stomacke. It is good against watering eies. It is poured into the eares with honied water.
The savor or smell of the Water Mint rejoyceth the heart of man, for which cause they use to strew it in chambers and places of recreation, pleasure and repose, and where feasts and banquets are made.
JOHN GERARD, The Herball, 1597.

All sorts of mints, whether garden or wild, doe nothing desire the ground dunged, fat or lying open upon the Sunne, but rather a moist ground neere unto Water, for want whereof they must be continually watered, for else they die.
RICHARD SURFLET, The Countrie Farme, 1600.

Eat Betoyne and Mynts prepared in honey, use herbs grace in thy Wine.
RAM'S LITTLE DODOEN, 1606.

Mintes are oftentimes used in baths with Baulme and other herbes as a helpe to comfort and strengthen the nerves and sinewes. It is much used either outwardly applyed; or inwardly drunke, to strengthen and comfort weak stomackes.
It is used to be boyled with Mackarell, and other fish.
Being dryed, it is often and much used with Penniroyall, to bee put into puddings: as also among pease that are boyled for pottage.
JOHN PARKINSON, Paradisus, 1629.

Garden mints were universally used for sauces in Pliny's time; and much commended for their singular Vertues, especially the young red buds in the Spring with a due proportion of Vinegar and Sugar, refresh the Spirits and stirreth up the appetite, and is one of the best Sallads the Garden affords. There are divers sorts of Mint but the red Garden Mint is the best.
JOHN WORLIDGE, Systema Horti-culturae, 1677.

The common mint cultivated in our gardens is employed in different culinary processes, being sometimes boiled in certain dishes, and afterwards withdrawn. It has an agreeable aromatic flavour and forms an ingredient in soups, and sometimes is used in spring salads. It is valuable as a stomachic and anti-spasmodic; on which account it is generally served at table with pea soup.
MRS ISABELLA BEETON, Household Management, 1888.

A BAG TO SMELL UNTO FOR MELANCHOLY, OR TO CAUSE ONE TO SLEEP

Take drie Rose leaves, keep them close in a glasse which will keep them sweet, then take powder of Mints, powder of Cloves in a grosse powder, and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.
RAM'S LITTLE DODOEN, 1606

In Greek mythology, Minthe, a nymph beloved by Pluto, was changed by jealous Persephone into sweet-smelling mint. Now she waits by a cave at the edge of the dark underworld, Pluto's kingdom.

Ovid tells the story of an old couple, Philemon and Baucis, who welcomed strangers to their table which they "rubbed o'er with newly gathered mint", unaware that they were entertaining Hermes and Zeus. Philemon is still the Greek word for hospitality.

Mint was a commonly used herb in ancient Greece, tied up with the daily lives of the people, who used it in baths and at funerals, with rosemary and myrtle, to offset the smell of decay. Demeter drank barley water flavoured with mint at Elefis and the water mint was sacred to Aphrodite.

Theophrastus, head of the Lyceum following Aristotle in the 4th Century BC, named the genus.

All the mints have their own character and each shares something of the features of the others, particularly their square stems, which spread so rapidly under the ground. This is because the mints hybridise each other and have produced such a wide diversity of types. For this reason it is best to plant them apart from each other, or they will cross-pollinate.

Oil of peppermint, or menthol, is derived from M. piperita, the peppermint, and was used long ago to mask the smell of tobacco. It is the most commonly used mint in medicine, as a mouthwash and for flavouring toothpaste and chewing gum and other sweets. It was used in the 14th Century for whitening teeth. Spearmint is the mint used mostly in cooking, particularly the mint and vinegar sauce served with English style roast leg of lamb.

Mint tea is made by pouring a pint of water over a small handful of leaves and flavouring with lemon and honey; mint-flavoured tea is a popular drink in North Africa.

In Tudor times, mints were grown along paths and around a sun-dial, so that their sweet smell would refresh those consulting it. Details of building a sun-dial were in Earth Garden 6.

Fresh sprigs of mint are boiled up with green peas and new potatoes. The powdered, dried mint leaves are used in pea soup and seasonings.

Apple and lemon mint chopped up with parsley and some cream cheese or cottage cheese added makes a delicious filling for a sandwich served with chicken salad.

Spearmint is said to deter mice, which will not go near stored food which has been scattered with its leaves. In the garden, peppermint protects cabbages from white butterfly and repels ants.

Corsican mint is a creeper with tiny round, vivid green leaves and minute flowers which makes a bright ground cover.

Catnip really does attract cats, who enjoy the dried leaves and play with toy "mice" stuffed with them. The leaves are added to herbal teas.

MINT PASTRY

Take equal quantities fresh, finely chopped mint, brown sugar, and currants. Mix well and pound together to a soft, thick consistency. Spread between thin layers of pastry and cook till top paste is a rich golden brown.

North of England recipe given by E. S. Rohde in Culinary and Salad Herbs, 1940.

Catnip

Catnip, from Parkinson's Paradisus, 1629

CATNIP (Nepeta cataria). Perennial.
Catnip. Old form: Nep, Cat-nep.
Mint family.

If you set it the cat will eat it;
If you sow it the cat won't know it.
OLD ENGLISH SAYING.

The vertu of this herbe is if a cat ete thereof it schal conseywyn and brynge forth kytlyngis anon.
AGNUS CASTUS, 14th Century.

Cats delight both to smell and eate thereof, and gladly rub themselves against it.
JOHN PARKINSON, Theatrum Botanicum, 1640.

'Tis hot and dry. 'Tis chiefly used for Obsturctions of the Womb, for Barrenness, and to hasten Delivery, and to help Expectoration. 'Tis used outwardly in Baths for the Womb, and the Itch.
JOHN PECHEY, The Compleat Herbal, 1694.

Pennyroyal

PENNYROYAL (Mentha pulegium), perennial.
English pennyroyal. Old form: pennie royall, penny-royal, peniriall, penny-ryall. Mint family.

Peniriall is to print your love
So deep within my heart.
ELIZABETHAN SONG

They say that Eastern doctors will pay as much for it as we pay here for a load of Indian pepper. If you cook some pennyroyal and use it as a potion or a poultice, it will cure a heavy stomach. When the sun is blazing down on you in the open, to prevent the heat from harming your head, put a sprig of pennyroyal behind your ear.

WALAFRID STRABO, The Little Garden, 875 AD

It crepeth much upon the ground and hath many lytle round leves not unlyke unto the leves of merierum gentil but that they are a little longer and sharper and also litle indented rounde about, and grener than the leves of meriurum are. The leves grow in litle branches even from the roote of certayn ioyntes by equall spaces one devyded from an other. Where as the leves grow in litle tuftes upon the over partes of the braunches.

WILLIAM TURNER, A new Herball, 1551.

In all your Gardens, Banks and Seats of Camomile, Penny-royal, Daisies and Violets are seemly and comfortable.

THOMAS HYLL, The Gardeners Labyrinth, 1577.

The first and common Pennie royall, groweth naturallie wilde in moist and overflowen places, as in the Common neere London called Miles ende, about the holes and pondes thereof in sundrie places, from whence poore women bring plentie to sell in London markets, and it groweth in sundrie other commons neere London likewise.

Pennie royall taken with honie, clenseth the lungs, and cleereth the breast from all gross and thicke humours.

If you have when you are at the Sea Pennie royall in great quantitie drie, and cast into corrupt water, it helpeth it much, neither will it hurt them that drinke thereof.

A Garland of Pennie roiall made and worne about the head is of great force against the swimming in the head, the paines and giddines thereof.

JOHN GERARD, The Herball, 1597.

Penny-ryall, or Pudding Grasse, creepes along the ground, like ground ivie. It lasts long, like Dasyes, because it puts and spreades dayly new rootes. Divide, and remove the rootes, it hath a pleasant taste and smell, good for the potte, or hackt meate, or Haggas Pudding.

WILLIAM LAWSON, The Countrie Housewifes Garden, 1618.

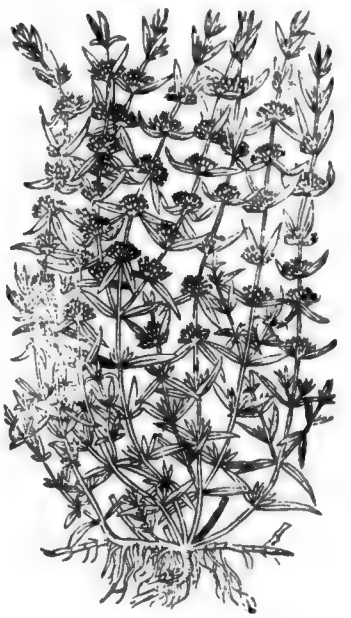
'Tis used to provoke the Courses, and to help Delivery. 'Tis good for Coughs, for the Gripes, the Stone, Jaundice and Dropsie. A spoonful of the juice given to Children is an excellent remedy for the Chin-cough (whooping cough) ... The fresh Herb wrap't in a Cloth, and laid in a Bed, drives away Fleas; but it must be renewed once a week.

JOHN PECHEY, The Compleat Herbal of Physical Plants, 1694.

Pennyroyal is the flea herb, named from "pulex", the Latin word for a flea. It has a pungent, bold smell.

As well as repelling fleas, pennyroyal deters lice, flies, mosquitoes, moths and ants. In Italy it is hung on trees to prevent figs falling before they are ripe.

The leaves are round and tiny, matting flat against the ground, but the lavender blossoms stand our higher. It makes a nice covering for a bank or old-fashioned garden seat of earth.



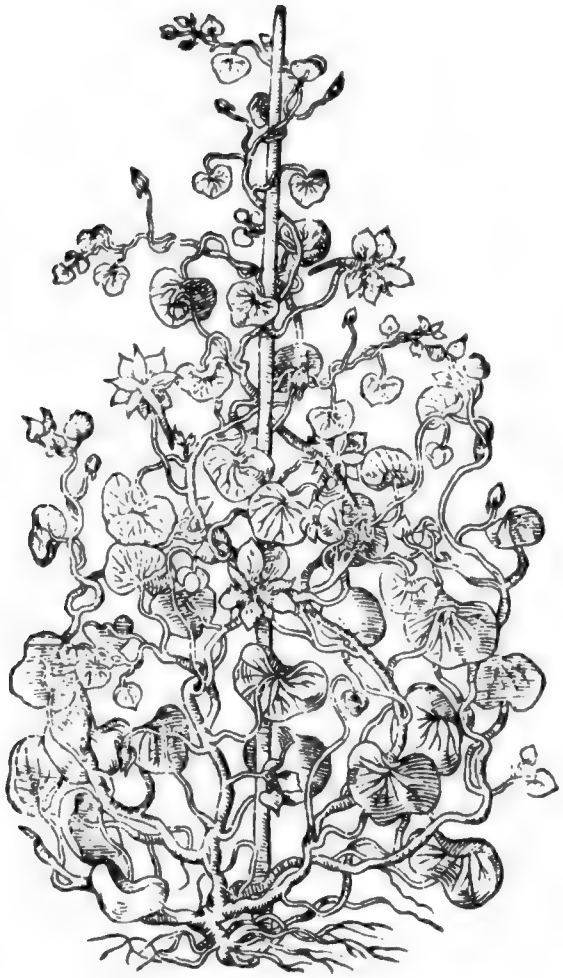
Pennyroyal, from Gerard, 1597

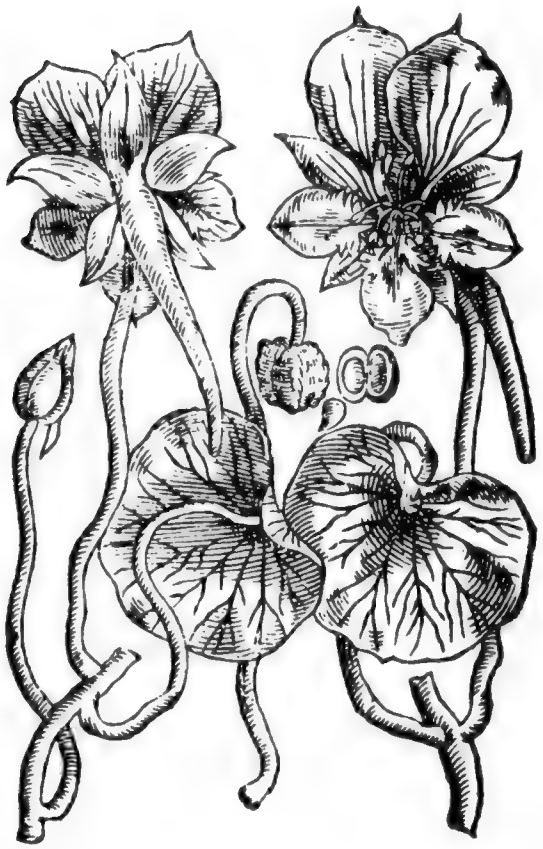
STROWING HEARBS OF AL SORTS

1. Basil fine and bush, sowe in maie.
2. Baulme in March.
3. Camomill
4. Costmarie
5. Cowslips & pagles,
6. Daisies of all sorts.
7. Sweet fenell.
8. Germander,
9. Hop set in february,
10. Lavander.
11. Lavender Spike,
12. Lavender Cotton.
13. Mariorum knotted, sowe or set at the Spring,
14. Maudeline
15. Penallraiall.
16. Roses of all sorts in Januarie and September.
17. Red mints.
18. Sage.
19. tansie,
20. Violets.
21. Winter savorie.

THOMAS TUSSER, Five hundred points, 1573

Nasturtium





Nasturtium, or Indian Cress, from Gerard, 1597

NASTURTIUM (Tropaeolum major). Perennial.
Indian Cress, Cress of Peru, Larkes Heel.
DWARF NASTURTIUM (Tropaeolum minus). Annual.
Tom Thumb Nasturtium.
Nasturtium family.

The flours are dispersed throughout the whole plant, of colour yellow, with a crossed star overthwart the inside, of a deepe Orange colour: unto the backe-part of the same doth hang a taile or spurre, such as hath the Larkes heele, called in Latine CONSOLIDA REGALIS; but greater, and the spur or heele longer; which beeing past there succeed bunched and knobbed coddes or seed vessells, wherein is contained the seed, rough, browne of colour, and like unto the seeds of the beete, but smaller.

The seeds of this rare and faire plant came from the Indies into Spaine, thence into France and Flanders, from whence I received seed that bore with mee both floures & seed, especially those I received from my loving friend John Robin of Paris.

JOHN GERARD, The Herball, 1597

The whole flower hath a fine small sent very pleasing, which being placed in the middle of some Carnations or Gilliflowers (for they are in flower at the same time) make a delicate Tussiemussie, as they call it, or Nosegay, both for sight and sent.

JOHN PARKINSON, Paradisus, 1629

The elegant nasturtium-plant, called by naturalists TROPAEOLUM, and which sometimes goes by the name of Indian cress, came originally from Peru, but was easily made to grow in these islands. Its young leaves and flowers are of a slightly hot nature, and many consider them a good adjunct to salads, to which they certainly add a pretty appearance.

MRS ISABELLA BEETON, Household Management, 1888

In the warm summer months the flowers have been observed about the time of sunset to give out sparks, as of an electrical kind, which were first noticed by a daughter of Linnaeus.

W. T. FERNIE, Herbal Simples, 1897

With the familiar nasturtium we can at last say with the early herbalists: here is a plant so well known in our gardens that we need not describe it! In Australia, everybody knows (and some dislike) this hardy annual, with its fast-spreading vines, saucer-shaped leaves and brilliant flowers of yellow, orange and red.

With its hot, peppery taste and smell it is indeed a nose-twister and so Pliny named it, from the Latin, **pasus,** nose, and **tortus,** twisted.

We recall the spicy nasturtium sandwiches made in the backyard as children. We didn't know it was good for us then, but now we know the leaves contain vitamin C. The leaves and flowers are added to salads. Pickling the seeds was an old Chinese delight long before John Evelyn gave his recipe for it. They may also be added to pickled cucumbers. The nasturtium is a native of Peru and arrived in northern Europe only at the end of the 15th Century, being given the name Indian Cress by John Gerard in 1597. Evidently it was known in Roman times. Pliny also advised that "a sluggish man should eat nasturtium, to arouse him from his torpidity".

In the garden the nasturtium adds much colour and it is of great value as a "trap" plant, attracting whitefly and aphis away from plants like beans, potatoes and broccoli and detering the cucumber beetle. A circle of nasturtiums planted under apple and other fruit trees keeps away the woolly aphis.

The nasturtium can be protected from aphis itself by throwing soapy dishwater over the plants. Experiments at the Connecticut Experimental Station in the United States showed that aphis avoid the orange colour of nasturtiums or African and French marigolds. A nasturtium infusion can be used to benefit plants as a spray.

PICKLED NASTURTIUM "CAPERS"

Gather the buds before they open to flower; lay them in the shade three or four hours and, putting them into an earthen glazed vessel, pour good vinegar on them and cover it with a board. Thus let it stand for eight or ten days. Being taken out, and gently press'd, cast them into fresh vinegar, and let them so remain as long as before. Repeat this a third time, and barrel them up with vinegar and a little salt.

JOHN EVELYN, Acetaria, 1699.

Parsley

PARSLEY (Petroselinum hortense, Hoff, syn Apium petroselinum L.)
Old form: Parcely, persely, parcelye.
CURLED (P. crispum).
ITALIAN (P. crisp. neapolitanum).
FERN-LEAVED (P. crisp. filicinum).
Biennial — parsley family.

Isthmian victory with horses
Poseidon granted to Xenokrates,
sending a wreath of Dorian parsley
to bind on his hair in token of triumph.
PINDAR, Second Isthmian Ode, 470 BC.

At Sparta's Palace twenty beauteous mayds,
The pride of Greece, fresh garlands crowned their heads
With hyacinths and twining parsley drest,
Graced joyful Menelaus' marriage feast.
THEOCRITUS, 3rd C, BC.

Parsley is sown immediately after the vernal equinox, the seed being lightly beaten first in a mortar. It is thought that by doing this the parsley will be all the more crisped, or else by taking care to beat it down, when sown, with a roller or the feet. It is a peculiarity of this plant that it changes colour; it has the honour in Achaia of forming the wreath of the victors in the sacred contests of the Nemean Games.

PLINY, Natural History, 1st C.

And if you will have the leaves of the PARCELY grow crysped, then before the sowing of them stuffe a Tennis ball with the seedes, & beat the same well agaynst the ground, whereby the seedes may be a lytle brused, & then sowe them in the ground, or when the Parcelye is well come up goe over the bedde with a wayghty roller, whereby it may so presse the leaves downe, or elles treade the same downs with thy feete.

And the chawinge of the freshe and grene Parcelye, doth cause a swete smelling breath, so that the chawing of this herbe doth amende a fowle stinkinge breathe.

THOMAS HYLL, The proffitable Arte of Gardening, 1568

Parsley, from Mattioli, 1583

The chief vertue of Perslie is in the roote, the next in the seede, the leaves are of least force, yet of a moost use in the kitchin. And manie use to eate them not onely with flesh or fish, but also with butter in a morning, and that for good cause, for by the judgement of later writers, Perslie is verie convenient for the stomacke, and stirreth up appetite and maketh the breath sweete.
THOMAS COGAN, The Haven of Health, 1584

The leaves of garden Parsley are of a beautiful greene, consisting of many little ones fastened togither, divided most commonly into three parts ... the stalke is above one cubite high, slender, something chamfered, on the top whereof stande spoked rundles, bringing foorth very fine little flowers, and afterwards small seedes somewhat of a fierie taste: the rootes long and white, and good to be eaten.

The leaves are pleasant in sauces, with broth ... they be also singular good to take away stoppings, and to promote urine: which thing the rootes likewise do notablie performe if they be boiled in broth: they be also delightfull to the taste, and agreeable to the stomacke.

The seedes are more profitable for medicine, they make thinne, they open, they provoke urine, they dissolve the stone: they be commended also against the cough if they be mixed or boiled with medicines made for that purpose: lastly they resist poisons, and therefore they be mixed with treacle.

JOHN GERARD, The Herball, 1597

Parslie craveth no great labour, but loveth a stonie and sandie ground, for which cause it is called parslie; againe it craveth not any store of manure: whereof it will be good to sow it under arbours: it desireth above all things to be well watered, and if it so fall out as that it be sowen or planted neere unto any fountaine or river, it groweth very faire, and in great quantitie.

The often use of parsley taketh away the stinking of the breath, especially from such as have drunke much wine or eaten garlike: and therefore such as use to keepe company much, and have an ill breath, must not goe unprovided of good store of fresh parsley to chaw or hold in their mouthes ... The leaves of parsley cast upon the water of fish ponds, doe recreate and reioice the sicke and diseased fish.
RICHARD SURFLET, The Countrie Farme, 1600

Parsley, sow the first yeare, and use the next yeare, it seeds plentifully, an herbe of much use, as sweet Siccily is. The seed and rootes are good against the stone.

WILLIAM LAWSON, The Countrie Housewifes Garden, 1618

This parsley is much used in meate and broths, &c. in all countries ... being of so mild a taste, and so comfortable to the stomacke. They use also to caste the herbe into their Fish ponds if there be any sicke among them to clense them. The distilled water of the herbe is a familiar medicine with nurses, to give their children when they are wrung in the stomacke or belly with wind, which they call the frets ...

JOHN PARKINSON, Theatrum Botanicum, 1640

If there be nothing new under the sun, there are, at any rate, different uses found for the same thing; for this pretty aromatic herb was used in ancient times, as we learn from mythological narrative, to adorn the head of a hero no less than Hercules; and now — was ever fall so great? — we moderns use it in connection with the head of — a calf. According to Homer's "Illiad", warriors fed their chariot steeds on parsley; and Pliny acquaints us with the fact that, as a symbol of mourning, it was admitted to furnish the funeral tables of the Romans.

MRS ISABELLA BEETON, Household Management, 1888

HAMBURG PARSLEY (Carum petroselinum).
Turnip-rooted parsley.

This is now pretty commonly sold in the London markets, the roots being six times as large as the common Parsley. This sort was many years cultivated in Holland before the English gardeners could be prevailed upon to sow it. I brought the seeds of it from thence in 1727; but they refused to accept it, so that I cultivated it several years before it was known in the markets.

PHILIP MILLER, Gardener's Dictionary, 1771

In our time, parsley is perhaps the most familiar and the most underrated and misunderstood of all the herbs. Too often it is used only as a garnish and tossed aside after food has been served.

A handful of parsley contains more vitamin C than an orange and the herb also has a high amount of iron and vitamin A, and some vitamins G, protein, phosphorus and calcium.

It is used to stop bleeding gums, to build up the blood and to preserve the eyesight. Parsley is a natural deodoriser and, eaten after garlic, onions or other strong-smelling food, subdues their strong odour. The same effect comes from drinking parsley juice, liquefied in a blender.

In legend and folklore it has an unexpectedly dark side. Parsley was always considered unlucky in some way, perhaps because of its slow germination, during which it was said to go "seven times to the devil and back again". This could be overcome by planting it (in the northern hemisphere) on Good Friday.

It had a reputation as a cause of abortion. Some believed that only a witch could grow it; and parsley was an ingredient with more grisly substances and mostly poisonous herbs, in the notorious witchs' flying ointment. "Parsley grows rank in a cukold's garden" was another saying which pointed up its bad reputation.

In ancient Greece, parsley was used for victors' crowns in the Nemean Games as a token of mourning after the Persian war, replacing the olive. Chaplets of parsley were worn at Greek and Roman banquets in the belief that they would absorb the fumes of wine. It was also a Greek funeral wreath.

Thomas Hyll repeated Pliny's belief that parsley would be more crisped if the seeds were beaten before planting.

The bright green, tightly curled leaves are aromatic and parsley does best in shade or semi-shade.

Propagate from seed. It may be chopped up or torn apart to use in salads, or used as a potherb in green soups, sauces, stuffings, rissoles, minces and stews.

Parsley makes a row border to herb beds. The Hamburg, or turnip-rooted parsley is grown for its swollen parsnip-like root which is cooked in soup or served with sauce.

PARSLEY SOUP (Soupe a la Bonne Femme)
2 cups milk, 1 cup water, 1 teaspoon salt, 2 tablespoons butter, 2 tablespoons flour, 1 medium sized onion.

Melt butter, add flour and salt, and the liquids and onion. Boil for one hour. Remove the onion, add one-half a cup of cream mixed with the yolk of two eggs. Cook until thickened. Just before serving add one-half a cup of finely chopped parsley. Stir well, and serve at once.

TRADITIONAL FRENCH RECIPE.

PARSLEY HONEY

Large parsley that has gone to seed will do for this. Pack an enamel saucepan full of wet washed parsley, and just cover with water. Boil 30 minutes. Strain through a jelly bag. Measure, and for every pint of juice, use 1lb of sugar. Boil the sugar in the juice very rapidly till it begins to set, then cool and cover. Some cooks like to add the juice of a small lemon with the sugar. It is like thin honey.

DOROTHY HARTLEY, Food in England, 1954

Rosemary

Rosemary, from Gerard, 1597

ROSEMARY (Rosemarinus officinalis). Perennial.
Rosemary. Old form: Rosemarine, rosmarin, rosemarie.
WHITE-FLOWERED (R. albus).
PROSTRATE (R. prostratus).
A shrub of the mint family.

As for Rosmarine, I lett it runne all over my garden walls, not onlie because my bees love it, but because it is the herb sacred to rememberance, and, therefore, to friendship; whence a sprig of it hath a dumb language that maketh it the chosen emblem of our funeral wakes and in our buriall grounds.

SIR THOMAS MORE, early 16th C

Take the flowres and put them in a chest amonge youre clothes or amonge bokes and moughtes shall not hurte them . . .

Also boyle the leves in whyte wyne and wasshe thy face therewith and thy browes and thou shall have a fayre face.

Take the timber thereof and burn it to coales and make powder thereof and rubbe thy teeth thereof and it shall keep they teeth from all evils. Smell it oft and it shall keep thee youngly.

Also make thee a box of the wood and smell to it and it shall preserve thy youthe.

BANCKES' HERBAL, 1525.

For weyknesse of ye brayne. Agaynst weyknesse of the brayne and coldenesse thereof, seth rosmarin in wyne and lete the pacyent receye the smoke at his nose and kepe his heed warme.

GRETE HERBALL, 1526.

Rosemary is a plante of a pleasaunt savoure, whyche for the Bewtie and smell of it; is set (at thys day) in Gardens. And the Gardeners also in our time, do make dyvers seates, and lyke to benches, and other proper formes (as lyketh them best, to be dilighted at) in their beddes running of lengthe and of heyghte.

And the same plant also in medicine hath a marvelouse efficacie. And Dioscorides nameth it the Garlande Rosemarie, for that (in tymes past) they made Garlandes thereof.

THOMAS HYLL, The proffitable Arte of Gardening, 1568.

Rosemary is as it were a little tree or woddish shrubbe, with many small branches and slender boughes, of harde and woodie substance, covered and set full of little, smal, long, and tender leaves, white on the side next the ground, and greene above. The floures are whitishe, and mixte with a little blewe . . .

The Arrabians and their successours Physitions, do say that Rosmarie comfortheth the brayne, the memory, and the inward sences, & that it restoreth speach, especially the confertue made of the floures thereof with sugar, to be receyed dayly fasting.

The ashes of Rosemarie burnte, doth fasten loose teeth, and beautifieth the same if they be rubbed therewith.

REMBERT DODOENS, A niewe Herball (trans. Lyte), 1578.

The use of Rosmarine in kitchine is well knowen to all men. I would the herbe were as plentifull among us in Englande, as it is in that part of Fraunce which is named Provance, where it groweth of it selfe without setting; and is used for a common fuell.

Take Rosmarie with the flowers, or without a hand full or more, seeth it in white wine a good space, and put thereto if you may a little cinomon, then drinke it and wash your mouth therewith. The same wine without cinomon is good to wash the face, and handes, for it maketh a verie cleare skinne.

THOMAS COGAN, The Haven of Health, 1584

Rosemary is for remembrance
Between us daie and night;
Wishing that I might alwaies have
You present in my sight.
THOMAS ROBINSON, A Nosegay for Lovers, 1584.

Grown for two ends;
It matters not at all
Be't for my bridal or my burial.
ROBERT HERRICK, 1591-1674.

The distilled water of the floures of Rosemary being drunke at morning and evening first and last, taketh away the stench of the mouth and breath, and maketh it very sweet, if there be added thereto, to steep or infuse for certaine daies, a few Cloves, Mace, Cinnamon, and a little Annise seed.

The floures made up into plates with Sugar after the manner of Sugar Roset and eaten, comfort the heart, and make it merry, quicken the spirits, and make them more lively.

JOHN GERARD, The Herball, 1597.

Seethe much Rosemary, and bathe therein to make thee lusty, lively, joyfull, likeing and youngly.

WILLIAM LANGHAM, The Garden of Health, 1597.

One of the goatherds perceiving the wound, bad him give himself no trouble about it, for he would apply a remedy that would heal it in a trice; so saying, he took some leaves of rosemary, which grew in great plenty round the hut, and having chewed and mixed them with a little salt, applied the poultice to his ear, and binding it up carefully, assured him, as it actually happened, that it would need no other plaister.

MIGUEL DE CERVANTES, Don Quixote, 1605 (trans. Smollett, 1761).

Rosemarie the grace of hearbes in England, in other Countries common . . . It becomes a Window weil. The use is much in meates, more in Physicks, most for Bees.

WILLIAM LAWSON, The Countrie Housewifes Garden, 1618

Rosemary is an hearbe of as great use with us in these days, as any other whatsoever, not onely for Physicall, but civil purposes: the civil uses as all know, are at Weddings, Funerals, &c, to bestow upon friends.

JOHN PARKINSON, Theatrum Botanicum, 1640.

When my son was a child, in Spain, his leg was cut almost to the bone by falling jagged blocks from a newly built wall. I healed this injury speedily, using only rosemary. Rosemary has remained my favourite herb ever since, and I use it more than any other herb and cultivate it wherever I live.

JULIETTE DE BAIRACLI LEVY, The Illustrated Herbal Handbook, 1974

Rosemary is the emblem of love and the symbol of remembrance. In every way it is a herb of great virtue, much loved and spoken of by gardeners and writers.

It was always thought to bring good luck and to be a powerful force against magic, witchcraft and the evil eye. As a protection against infection it was strewn at funerals and burned in sickrooms and hospitals.

When Anne of Cleves arrived in England to marry King Henry VIII, she wore in her hair a coronet of gold and precious stones, set full of branches of rosemary. Its "civil" uses (as John Parkinson described them) were at weddings, both for bride and groom, as an omen of a happy marriage. It was made into a wreath, sometimes gilded, for Christmas and New Year.

Rosemary was worn as a garland or chaplet in both ancient Greece and Rome. In churches it was burned as incense — "insensier" is its old French name. Rosemary oil is still used today in the Greek Orthodox Church.

In Australia, a sprig of Rosemary is often worn by returned soldiers on Anzac Day, April 25, to remember comrades who died at Gallipoli and other battles.

An evergreen shrub, rosemary grows slowly from seed and is best propagated from cuttings or divided root clumps. It bushes out to a height of five feet, with erect, branching stems clustered about with curved slivers of spiky leaves, green on top and grey underneath. The whole plant is fragrant and spicy.

Its sea-blue flowers appear at the tips of the branches, small and fragrant. The prostrate type (R. prostratus) reaches only eight inches in height and has spreading branches which make it ideal for hanging baskets or pots. The white-flowering variety (R. albus) reaches only three feet.

In the kitchen, rosemary is often stuck, green or dried, into the skin of a roasting chicken. It also flavours pork, ham and beef, tomatoes and omelettes and makes herb butters and vinegars. The dried leaves are often chopped or powdered to add to biscuits, scones or pickles.

Rosemary tea is made by infusing a pint of water with an ounce of fresh tips or a teaspoon of dried leaves. Add lemon juice and honey to taste.

Rosemary wine is made by chopping up sprigs of green rosemary, pouring white wine over them, and straining for use after four or five days. It is said to be a good remedy for headache, stimulating the brain, nervous system and the heart.

To make **rosemary water,** simmer a large bunch of rosemary, stalks and all, preferably in rainwater, for about an hour. Use as a hair rinse or conditioner. Borax is often added.

Rosemary oil is obtained by distilling the leafy tips and leaves, either fresh or dried. This is used in eau-de-cologne, perfumes and soap and added to baths.

A **culinary oil** is made by soaking tops and sprigs in vegetable oil for a week in the sun, then straining for use in cooking.

MOTH DESTROYER

½lb dried Rosemary
½lb dried Mint
¼lb dried Tansy
¼lb dried Thyme
2 tablespoons fresh ground cloves.

Mix well together and store in well-closed box. Scatter lavishly among fur, blankets, and clothing as they are stored and no moth will go near them.

MARIAN CRAN, Garden of Ignorance.

HUNGARY WATER

1 gallon brandy or clean spirits
1 handful of rosemary
1 handful of lavender
1 handful myrtle

Handfuls are measured by cutting branches of the herbs 12 inches long. A handful is the number of such branches that can be held in the hand. After measuring, the branches should be cut up into one-inch pieces, and put to infuse in the brandy. You will then have the finest "Hungary Water" that can be made.

QUEEN ELIZABETH OF HUNGARY, 1235 (MS in Vienna State Library)

TO MAKE ROSEMARIE WATER

Take the Rosemarie, and the flowers in the middess of May, before sunne arise, and strippe the leaves and the flowers from the stalke, take foure or five Alicompagne (elecampane) rootes, and a handfull or two of Sage, then beat the Rosemarie, the Sage and rootes together, till they be verie small, and take three ounces of cloves, three ounces of mace, halfe a pound of Anniseedes, and beat these spices everie one by it selfe. Then take all the Hearbes and the Spices, and put therein foure or five gallons of good white wine, then put in all these Hearbes and Spices, and Wine, into an earthern Pot, and put the same Pot in the ground the space of thirteen dayes, then take it up and still in a Still with a verie soft fire.

THOMAS DAWSON, The good huswife's Jewell, 1587

Rue, from Mattioli, 1583

Rue

RUE (Ruta graveolens). Perennial.
Herb of Grace. Old form: Rew, ruwe.
Rue family.

She doth mekyl goode to the stomak if she be ofte drunke. For the hede-ache. Medle the jus of rue with the oil of roses and vynegre, and the oynement wole cese hede-aches.

MACER'S HERBAL, 10th C.

Behind the turf plot let there be a great diversity of medicinal and aromatic herbs which not only please by the odor of their scents; but by their variety of flowers refresh the sight, among which rue should be mingled in many places for its beauty and greenness, and its bitterness will drive away poisonous animals from the garden.

PETRUS DE CRESCENTIIS, Opus Ruralium Commodorum, 13th C.

Also to make a mannes sigh cleer tak the dew in the morweynyng that is up-on the ruwe and kepe hit in a vessel and a noynt thyne eysen ther-with ofte and hit schal clere they sigh.

AGNUS CASTUS, 14th C.

Yea, both curious Painters, and fine Gravers, do often eate of this herbe with their meate, for the clearing and amending of their sight.

Also the herbe mixed with Rose water, and that layde on bleared eies, or bloudshotte eyes, doth marveilously clense, and heale them.

THOMAS HYLL, The proffitable Arte of Gardening, 1568.

Rue eaten rawe or condited with saite, or otherwise used in meates, cleareth the sight, and quickeneth the same very much: so doth also the iuyce thereof layde to the eyes with hony, the iuyce of fenill, or by it self. The leaves of Rue mengled with Barley meale, asswageth the payne of the eye being layde thereupon.

The leaves of Rue mingled with wine, Pepper and Nitre, do take away all spottes of the face, and clenseth the skinne . . . the same leaves pound with swines greace, doth cure all ruggednes of the skinne, and the scurfe . . . of the head, the Kings evill or hard swellings about the throote, being applied and layde thereto.

REMBERT DODOENS, A niewe Herball (trans. Lyte), 1578.

Here did she fall a tear; here in this place,
I'll set a bank of rue, sour herb of grace:
Rue, even for ruth, here shortly shall be seen,
In the remembrance of a weeping queen.

Gardener, in William Shakespeare's King Richard II, Act III, Sc. 4

Pliny saith that there is such friendship between it and the fig-tree, that it prospers no where so well as under the fig-tree. The best for physicks use it that which groweth under the fig tree, as Dioscorides saith: the cause is alledged by Plutarch, lib 1 of his Symposiacks or Feasts, for he saith it becomes more sweet and milde in taste, by reason it taketh as it were some part of the sweetnesse of the fig tree, whereby the over-ranke qualitie of the Rue is allayed: unlesse it be that the figge tree whilest it drawes nourishment to it selfe, draweth also the ranknesse away from the Rue.

The herb a little boiled or skalded, and kept in pickle as Sampler, and eaten, quickens the sight. The same applied with hony and the juice of Fennel, is a remedy against dim eies.

The leaves of Rue eaten with the kernels of Walnuts or figs stamped together and made into a masse or paste, is good against all evill aires, the pestilence or plague, resists poison and all venome.

JOHN GERARD, The Herball, 1597.

It is set down by divers of the Ancients that Rew doth prosper much and becometh stronger if it be set by a Fig tree; which (we conceive) is not caused by reason of Friendship but by extraction of a contrary juyce, the one drawing juyce fit to result sweet, the other bitter.

FRANCIS BACON, Sylva Sylvarum, 1627.

And of the garden kinde, that is fittest for eating which grows near fig trees.

DIOSCROIDES, Materia Medica, 1st C. AD (trans. Goodyer, 1652).

Garden Rue is so well known by this name, and the name Herb of Grace, that I shall not need to write any further description of it.

The seed thereof taken in wine, is an antidote against all dangerous medicines or deadly poisons. The leaves taken either by themselves, or with figs and walnuts, is called Mithridate's counter-poison against the plague, and causes all venemous things to become harmless; being often taken in meat and drink, it abates venery. A decoction thereof with some dried dill leaves and flowers, eases all pains and torments, inwardly to be drank, and outwardly to be applied warm to the place grieved.

NICHOLAS CULPEPER, The English Physician, 1652.

The Weasell when she is to encounter the serpent arms herselfe with eating of Rue.

WILLIAM COLES, The Art of Simpling, 1656.

Its scent is strong and its taste is bitter.

From the earliest times, rue has had a reputation as an effective antidote against poison. It is said to be "moly" (wild rue) which protected Ulysses from the charm used by Circe to turn his men into swine.

It was the chief ingredient in an antidote concocted by Mithridates, Emperor of Pontus (136-63 BC) which he used to test many fatal poisons. John Parkinson in his **Theatrum Botanicum** (1640) says this included rue, salt, walnuts and figs stamped together in a mass.

Another story relates that when Mithridates tried to commit suicide by poisoning himself, he found the antidote had made him immune. Finally, he persuaded a slave to stab him to death.

Juliette de Baracli Levy says that the gypsies saved the Prophet Mahomet from poisoning by giving him rue.

Stories of rue's power are many in folklore and superstition. Both the Romans and Greeks believed that the plant would prosper most if it were stolen from a neighbour's garden. The Romans believed rue gave second sight and their priests wore chaplets of rue.

Once it was thought that arrows rubbed with rue would always find their mark. When gunpowder was introduced, shot was boiled in rue water for the same effect. Like sage and balm, it has entered the English language: to "rue the day", meaning to repent.

In the 18th century, **Vinegar of the Four Thieves** was used as an antiseptic to wash the face and hands and was sprinkled on clothing and in rooms against the plague.

The name came from four villains who were supposed to have robbed the homes of the sick during the great plague of 1722 at Marseilles without being infected themselves. It contained rosemary, sage, mint, rue, lavender, cloves, cinnamon, nutmeg, garlic and Roman wormwood, most of them germicides of some sort.

In 1760 a rumour which later proved false spread through London that plague had broken out. The price of rue and wormwood at Covent Garden market the next day rose by 40 per cent!

In Britain judges at the Assizes were presented with sprigs of rue and other herbs as a defence against the "jail fever" and other illnesses of prisoners brought before them.

The first Duke of Saxony was allowed by Frederick Barbarossa in 1181 to use a chaplet of rue as a mark of heraldry. The design made by the leaves passed from this to become the symbol for the suit of clubs in playing cards.

Some people are allergic to rue and come out in a rash if they brush against it with their hands or bare skin. The cure is to rub oil over the affected part.

Rue will start well from seed, and will self-seed if allowed to do so. Cuttings and root slips grow readily. The blue-green colour of the foliage is outstanding and lasts through winter in mild areas. The deeply-cut leaves are club-shaped and occur in groups of four or five on the woody stems, the whole plant reaching about 2½ feet in height. Flowers are flat, greenish-yellow with spreading petals. Keep the plant away from **basil.**

Rue water is sprinkled to deter fleas and the plants repel flies.

These days we find rue too bitter for eating, though the leaves may be chopped for sparing use in salads, or eaten with bread-and-butter.

Rue tea is a tonic for indigestion and stomach troubles. Infuse two small teaspoons of chopped leaves with one pint of boiling water. Drink two small glasses a day. Eaten to excess, rue is a poison. A few leaves may be added to mixed herbal teas.

VINEGAR OF THE FOUR THIEVES

Take the tops of common wormwood, Roman wormwood, rosemary, sage, mint and rue of each ¾ ounce, lavender flowers 1 ounce, garlic, calamus aromaticus, cinnamon, cloves and nutmeg each 1 drachm, camphor ½ ounce, alcohol or brandy 1 ounce, strong vinegar 4 pints. Digest all the materials except the camphor and spirit in a closely covered vessel for fourteen days at summer heat; then express and filter the vinegar produced and add camphor previously dissolved in brandy or spirit.

G. W. SEPTIMUS PIESSE, The Art of Perfumery, 1880.

Sage

Sage, from Gerard, 1597

SAGE (Salvia officinalis). Perennial.
Common sage. Old form: Sawge, salgia, sauge.
Mint family.

Amongst my herbs, sage holds place of honour; of good scent it is and full virtue of many ills.
WALAFRID STRABO, The Little Garden, about 875 AD.

Why of seknesse dyeth man
Whill sawge in gardeyn he may han.
MACER'S HERBAL, 10th C

Cur moriatur homo cui Salvia crescit in horto?
Why should a man die while sage is in his garden?
LATIN PROVERB, early Middle Ages.

He that would live for aye,
Must eat Sage in May.
OLD ENGLISH SAYING

Salgia ys an herbe that men clepyth sauge. The vertu of thys herbe ys that how that ever a man use hure yn etyng or drynkyng or yn powder he ys goud for the palsy. Also he ys good to hele a man of the tothe-ache. Also yf a man have a raw wond that bledythe moche take the powder of hure and ley to thee wond . . . Also yf a man wyl have blak here tak the juys of thys herbe and whessh well yn the hot sonne thyne hed ther-wyth.
AGNUS CASTUS, 14th C

Sage is hoote in the first and drye in the seconde degre, the leaves onelye be taken in medicynes both grene and dry, he may be kept a yere, there be two maner of Sages, the garden and the wylde sage.

For the Palsye seeth the leaves of sage in wine and use to drinke it . . . for the stomacke, drinke the ioyce of Sage with water and honye, and it is as good to clense a mans body to use it both ripe and grene, it wil make a mans body cleane, therefore who that useth to eate of this herbe or drinke it, it is merveyle that any inconvenience shulde greve them that use it. Also drinke Sage with wine and a lytel wormewode, and it shall cease the ach under the sides, the wombe and the stomake, it is good for the Palsy and the dropsye.
ANTHONY ASKHAM, A Lytel Herball, 1550

Of all garden herbes, none is of greater vertue than Sage . . . such is the virtue of Sage that if it were possible, it would make a man immortall.

Nowe because it is good against palsies and comforteth the sinewes and braine, it must needes be good for studentes, who are commonly cumbered with diseases of the heade. It may be used in way of meate as in the spring time with breade and butter, especially in May. As I my selfe have knowen a man of 80 yeares and upwarde, who for his breakfast in summer, used to eate 6 or 7 Sage leaves minced small with a little Salt, and in winter as many blades of unset leekes, drinking alwaies a draught of good ale after it by which meanes hee preserves himselfe long in a healthfull state.

Sage is used commonly in sawces, as to stuffe veal, porke, rosting pigges, and that for good cause: for it dryeth up superfluous moysture, and stirreth up appetite.

. . . Moreover Sage is used otherwise to put in a drinke over night close covered, or two or three houres before wee drinke it, for so it is good against infection, especially if rewe be added thereto.
THOMAS COGAN, The Haven of Health, 1584

Sage is singular good for the head and braine; it quickeneth the sences and memory, strengthneth the sinewes, restoreth health to those that have the palsie, takes away shaking or trembling of the members; and being put into the nosthrils, it draweth thin flegme out of

the head.

It is likewise commended against the spitting of bloud, the cough, and paines of the sides, and bitings of Serpents.

No man needs to doubt the wholesomnesse of Sage Ale, being brewed as it should be, with Sage, Scabious, Betony, Spikenard, Squinanth, and Fennell seeds.

JOHN GERARD, The Herball, 1597.

In Latin, SALVIA, takes the name of safety,
In English, SAGE, is rather wise than crafty:
Sith then the name betokens wise and saving,
We count it nature's friend, and worth the having.

THE ENGLISH DOCTOR, Sir John Harington, 1609.

Sage hath been of good use in the time of the plague at all times, and the small Sage more especially (which therefore I think our people called Sage of Vertue) the juyce thereof drunke with vineger. The use of Sage in the moneth of May, with butter, Parsley and some salt, is very frequent in our Country to continue health to the body: as also Sage ale made with it, Rosemary and other good hearbes for the same purpose ... Gargles likewise are made with Sage, Rosemary, Honisuckles, and Plantaine boyled in water or with some Honey and Allome put thereto to wash cankers, sore mouthes, and throates ...

JOHN PARKINSON, Theatrum Botanicum, 1640.

This was originally a native of the south of Europe, but it has long been cultivated in the English gardens. There are several kinds of it, known as the green, the red, the small-leaved, and the broad-leaved balsamic. In cookery, its principal use is for stuffings and sauces, for which purpose the red is the most agreeable, and the green the next. The others are used for medicinal purposes.

MRS ISABELLA BEETON, Household Management, 1888.

Many kinds of Sage have been used as substitutes for tea, the Chinese having been said to prefer Sage Tea to their own native product, and at one time bartering for it with the Dutch, giving thrice the quantity of their choicest tea in exchange. Balsamic Sage, Salvia grandiflora, a broad-leaves Sage with many-flowered whorls of blossoms, used to be preferred to all other for making tea.

MAUDE GRIEVE, Culinary Herbs and Condiments, 1933.

Common sage is a perennial bushy plant, with grey-green veined leaves, square stems and purplish flowers, growing to about one foot high. There are several hundreds of sages in many colours — red, blue, purple, pink — and the sage bushes of the North American deserts.

Garden sages will grow from seed or cuttings and should be renewed every four years. The leaves have a strong taste and smell. Sage grows wild in many places, such as Adriatic Islands and in Yugoslavia, where sage honey is a specialty.

Sage leaves dried and powdered were once used as a tobacco substitute. The fresh leaves brewed as a tea calm the nerves and are good for the liver and fevers. The same brew, cooled, is used as a gargle to whiten teeth and strengthen the gums.

In cooking, sage is used in stuffings for pork, turkey, sausages, duck and goose and is a good complement for rosemary. Sage breaks down oils and fat in meat, assisting the digestion.

In the garden, sage repels carrot fly and cabbage butterfly.

SAGE TOOTH-POWDER

Mix sage leaves and sea salt well together. Bake until hard. Pound into fine powder. This will remove yellow stains on teeth.

HAIR TONIC

Cut up a handful of sage and rosemary leaves and tops. Bring to boil in a pint of cold water. Simmer for three minutes with top covered. Allow to cool and steep for three hours. Rub into the scalp three times a week to darken hair and keep it healthy.

SAGE AND ONION SAUCE

Chop very fine an ounce of onion and half an ounce of green sage leaves, put them in a stamper with four spoonsful of water, simmer gently for 10 minutes, then put in a teaspoon of pepper and salt and one ounce of fine bread-crumbs. Mix well together, then pour to it ¼ pint of Broth, Gravy or Melted Butter, stir well together and simmer a few minutes longer. This is a relishing sauce for Roast Pork, Geese or Duck, or with Green Peas on Maigre (meatless) Days.

The Cook's Oracle, 1821

SAGE CHEESE

Bruise the tops of young red sage in a mortar with some leaves of spinach and squeeze the juice; mix it with the rennet in the milk, more or less, according to the preferred colour and taste. When the curd is come, break it gently and put it in with the skimmer till it is pressed 2 ins above the vat. Press it eight to 10 hours. Salt it and turn every day.

Walsh's Manual of Domestic Economy, 1857

Clary

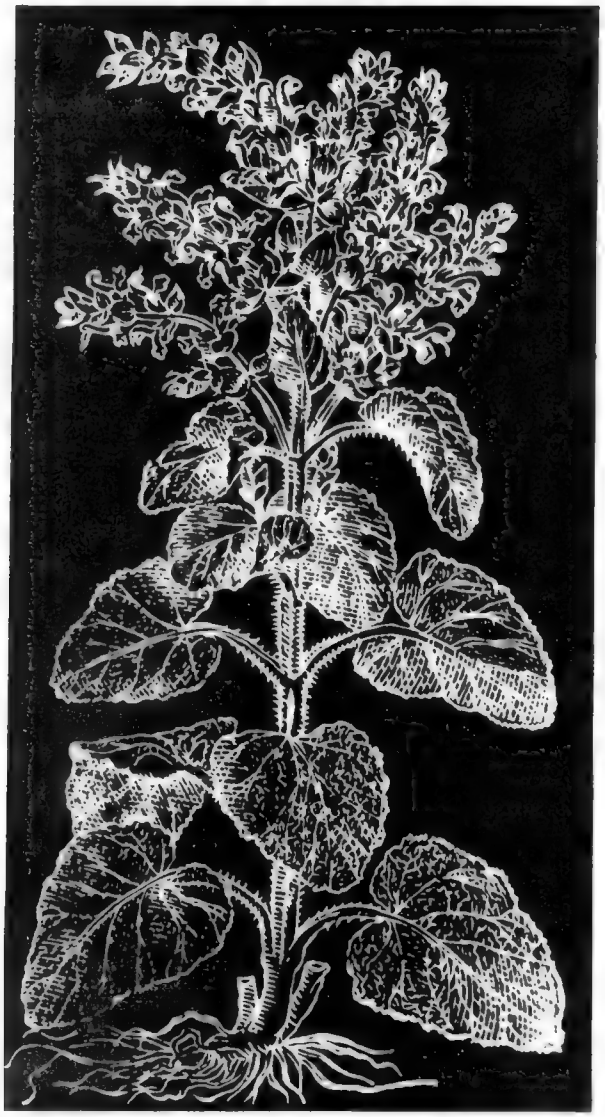
CLARY SAGE (Salvia sclarea). Biennial.
Clary. Old form: Clear Eye, Clarie.

Wilde Clary is called after the Latine name Oculus Christi, of his effect in helping the deseases of the eies. The seed put whole into the eies, clenseth and purgeth them exceedingly from waterish humors, rednesse, inflammation, and divers other maladies, or all that happen unto the eies, and takes away the paine and smarting thereof, especially being put into the eies one seed at one time, and no more, which is a generall medicine in Cheshire and other countries thereabout, knowne of all, and used with good success.

JOHN GERARD, The Herball, 1597.

When tender is not to be rejected in omelets; made up with cream fried in sweet butter, and eaten with sugar and juice of orange or lemon.

JOHN EVELYN, Acetaria, 1699.



Clary sage, from Petrus de Crescentiis, 1548

Clary sage is a larger, coarser shrub than the many types of common sage. It has square, brownish stems and reaches two to three feet in height. The leaves are heart-shaped, about the size of a child's hand, hairy and have a strong scent. The flowers, which are whorled, also have a strong musky aroma.

Clary will start from seed and may be transplanted. It is probably best to plant annually, though in milder climates, it will grow as a perennial.

In older times, clary was added to country wines to give it the flavour of muscatel. It was used in Indian beer and commercially as a perfume fixative.

Pick the leaves as needed to use fresh or dried in the same way as common sage, in omelettes and turkey stuffing. It may be dipped in batter and fried or dipped in cream and eaten with sugar and orange juice.

CLARY FRITTERS

The leaves taken dry and dipped into a batter of the yolk of eggs and a little milk and then fried with butter until they be crisp serve of a dish of meat accepted by manie and unpleasant to none.

JOHN PARKINSON, Paradisus, 1629

Savory

SAVORY
SUMMER SAVORY (Saturela hortensis). Annual.
WINTER SAVORY (Saturela montana). Perennial.
Old form: Sayerie, savorie.
Mint family.

Thys herbe hath levys y-lyche to ysope. The vertu of this herbe is yf he use hire moche he shal be lykyng to wymmen. Also he wol distroye rebellyng in a mannys wombe yf he drynke it with wyne warmyl. Also yf ther be eny maner of medesyn that a man shuld use Tyme he may take that oon for that other for they acordith moche yn vertu.

AGNUS CASTUS, 14th C

And now this herbe eaten wythe creame, doth amende a cold stomacke by purging it.

And DIOSCORIDES writteth, that the use of Saverie in meates; dothe long preserve the boddye in healthe.

THOMAS HYLL, The proffitable Arte of Gardening, 1568

There be two kinds of Savorie, the one that endureth winter & is of long continuance: the other is an annual or yearly plant, that perisheth at the time when it hath perfected his seede, and must be sowen againe the next yeare, which we call Sommer Savorie, or Savorie of a yeare.

Winter Savorie is of temperature hot and drie in the third degree, it maketh thinne, cureth and clenseth the passages, to be brief, it is altogether of like vertu with Time.

Sommer Savorie is not full so hot as Winter Savorie, and therefore saith DIOSCORIDES, more fit to be used in medicine: it maketh thin, and doth marvellously prevail against winde: therefore it is with good success boiled and eaten with beanes, peason, and other windie pulses, yea if it be applied to the belly in fomentation, it foorthwith helpeth the mother, proceeding of winde.

JOHN GERARD, The Herball, 1597

Sommer savorie doth delight in an open sunne shining place, and therefore must be set or sowen in such a one, not in a fat or manured ground: for it is often seene growe of it selfe in leane groundes and neere unto the sea. It groweth more delightfully and of a better taste; if it be sowen amongst onions.

It is very good for sauce to meat. The leaves and flowers applied unto the head in forme of a cappe or garland, doth awake the drowsily inclined.

Both thyme and winter savorie are good for the nourishing of bees, and for the preserving and seasoning of meates.

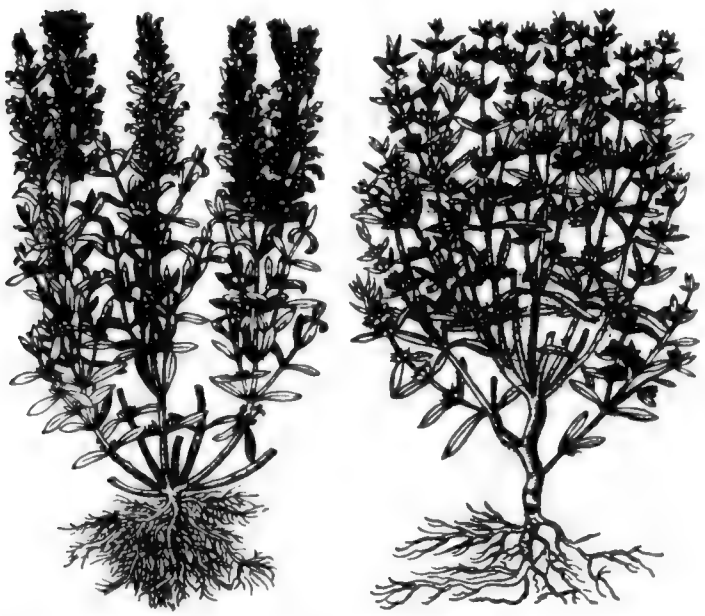
RICHARD SURFLET, The Countrie Farme, 1600

Saverie seedes and dyes the first yeare, good for my Huswifes pot and pye.

WILLIAM LAWSON, The Countrie Housewifes Garden, 1618

Winter Savory will grow either from seed or slips. It is a woodier and more bushy plant than the Summer Savory, and flowers contentedly among the stones of a rockery. Thus have I seen it in the Old Physic Garden, Chelsea. Gardeners still have faith in the virtue of its leaves and sprigs to cure wasp and bee stings.

FRANCES A. BARDSWELL, The Herb Garden, 1911



Winter savory (left) and summer savory, from Gerard, 1597

Summer savory (Satureia hortensis) and Winter savory (Satureia montana) are the two types among a dozen savories which have traditionally been used in cooking.

At first glance they look like an upright type of thyme. Looking closer, the perennial winter savory is much branched, with a profusion neat, dark green leaves, dotted with scent glands emitting an aroma also similar to thyme. The flowers are pale white or pinkish, very small, on spikes.

Growing to about 1½ feet high, winter savory makes a good border edging, staying green all winter (though it benefits by being cut back). Seed propagation is slow, so it might be best to start with a nursery plant and increase later by cuttings from the side shoots, or by root divisions. The flavour is peppery.

Summer savory has more slender stems and grows to about one foot high, with fragrant leaves ½ inch long in bunches and white-spiked flowers. It grows easily from seed. Its flavour is sweeter and more delicate than the winter variety, something akin to marjoram.

The leaves and tops of both savories are used in stuffings for turkey, veal, pork pies and sausages, also with fish and in herb vinegar. Fresh sprigs are boiled with broad beans and peas in France and Germany, where the name for savory is **Bohnenkraut,** or bean herb. It is also used in lentil and pea soups.

In the garden, summer savory is also a good companion to growing peas. Petrus Heyligers reports on some interesting experiments with summer savory as a companion crop in the following story.

A leaf of either type of savory rubbed on a bee sting gives quick relief from pain.

A BAD NEIGHBOUR

By Petrus C. Heyligers

I discovered only accidentally the antagonistic influence of summer savory on hot pepper plants.

These and some other vegetables had been sown in a cold frame in mid-spring, but they were the only plants not yet planted out by late December. They grew in rows next to each other, but the row of peppers was about twice as long as that of savory.

Where the savory grew beside the pepper, the pepper plants were shorter than in the rest of the row. Here are the figures:

length of pepper plants opposite savory—
6, 6½, 5½, 5½, 3, 4½, 5 and 3 inches (average 5 inches)

length of other pepper plants—
8, 9, 4, 8½, 6½, 5½, 7, 7, 6, 5½ and 6½ inches (average 6½ inches).

Shortly afterwards I found an article by G. L. Funke with the title, **The influence of Satureia hortensis L. on Allium cepa L.,** published in **Blumea,** the journal of the State Herbarium in Leyden, the Netherlands.

The observations related in this article corroborate mine: when grown together with savory, onions harvested from one square metre weighed 125gm in the plot where the savory was dense and 208gm where the savory plants were sparse. In a plot without savory, the onions weighed 342gm.

These results are contrary to statements in the old herbals and repeated in **Companion Plants,** Philbrick & Gregg, viz that summer savory helps the growth of onions.

I haven't yet come across an explanation for this antagonistic effect. It could be due to the volatile oils released by the savory, or it could be caused by some toxic substance released by its roots. Experiments could throw some light on this matter. Moreover, not all plants are affected adversely by summer savory. This season I have savory and bush basil happily growing together.

Similar antagonistic effects are known from various other plants, but these usually have strong alkaloids, or volatile oils in their leaves. Wormwood is a well-known example of such a plant. At first glance (sniff!), a herb like summer savory seems to be too "gentle" to exert such influences; nevertheless it obviously does in certain cases.

I would very much like to hear from other gardeners whether they have had similar experiences of 'bad companions' amongst herbs. We could even start some compatibility trials! My address is 3 Booth Street, Queanbeyan, NSW, 2620. Results will be reported in Earth Garden for everybody's benefit.

Tansy

Tansy, from Mattioli, 1583

TANSY (Tanacetum vulgare). Perennial.
Bachelor's Buttons. Old form: Tansie.
Composite.

I have heard that if maids will take wild Tansy and lay it to soake in Buttermilk for the space of nine days and wash their faces therewith, it will make them look very faire.

JHEROM BRUYNSWYKE, The vertuouse boke Of Distyllacyon, 1527.

The seede of Tansie is a singular and proved medicine against wormes: for in what sorte soever it be taken, it killeth and bringeth forth wormes.

The same pounde and afterwards mengled with oyle; is very good against the payne and swelling of sinewes.

REMBERT DODOENS, A niewe Herball (trans. Lyte), 1578.

In the Spring time are made with the leaves hereof newly sproong up, and with egs, cakes or tansies, which be pleasant in taste, and good for the stomacke. For if any bad humours cleave thereunto, it doth perfectly concoct them and scowre them downwards.

JOHN GERARD, The Herball, 1597.

It is much used both in Lent and in the beginning of the Spring, while the hearbe is young and tender, to make cakes thereof with eggs fried, which are called Tansies and are very profitable for those stomackes that are troubled with bad humours cleaving thereunto . . .

JOHN PARKINSON, Theatrum Botanicum, 1640.

Dame Venus was minded to pleasure women with child by this herb, for there grows not an herb, fitter for their use than this; it is just as though it were cut out for the purpose. This herb bruised and applied to the navel, stays miscarriages; I know no herb like it for that use: Boiled in ordinary beer, and the decoction drank, doth the like, and if her womb be not as she would have it, this decoction will make it so. Let those women that desire children love this herb, it is their best companion, their husbands excepted.

It consumes phlegmatic humours which the cold and moist constitution of winter usually affects the body with, and that was the first reason for eating Tansies in the spring . . . the herb fried with eggs, helps to digest and carry downwards those bad humours that trouble the stomach.

NICHOLAS CULPEPER, The English Physician, 1652.

Tansy; hot and cleansing; but in regard to its domineering relish, sparingly mixt with our cold sallet, and much fitter (tho' in very small quantity) for the pan, being qualified with the juices of other fresh herbs, spinach, green corn, violet, primrose-leaves, &c at entrance of the spring, and then fried brownish, is eaten hot, with the juice of orange and sugar, as one of the most agreeable of all the boil'd herbaceous dishes.

JOHN EVELYN, Acetaria, 1699.

We have not the liking for such pungent flavouring as our ancestors, and only a portion of a leaf, about a quarter of an inch long and as much broad, finely chopped up, is enough for a large salad. I do not think we should appreciate Tansy cakes nowadays.

ELEANOUR SINCLAIR ROHDE, Culinary and Salad Herbs, 1940.

The bright clusters of rounded Tansy flowers really do look just like golden buttons. Tansy grows rampantly along the bank at Sun Cottage, so densely that some plants push up to five feet in height seeking the sunlight. These tend to be stalky and quite unlike the pleasant, downy and lacy ferns at the sides of the garden beds and in the nearby paddock where they have been cropped back by cows.

The aromatic plant protects the peach trees from flying insects. It has a strong scent like camphor, rather lemony (some say like ginger). To us it has a terribly bitter taste. In fact it is an irritant narcotic and should be used very sparingly in food. **Add only a piece of leaf to teas, potherbs and puddings.**

Our ancestors, who had no ice or refrigerators, kept tansy in the meat safe or basement where meat was stored and rubbed it over flesh to keep away flies and ants. In our experience the powdered dried leaves are the best insect deterrent.

Tansy leaves were strewn on floors in houses and stables and it was used as a garnish for the same reason.

It was used also for embalming.

The custom of eating a tansy pudding, or Tansy, usually made of milk, eggs, flour and a tansy leaf, developed as a practical purging of the system following the Lenten fast, during which salted fish and vegetables were the staple diet. By the 16th century this had developed into a religious observance and the tansies eaten on Palm Sunday and Easter Sunday were symbolic of the bitter herbs eaten by the Jews during Passover.

In Ireland, tansy leaves were added to sheep's blood and milk to make a kind of sausage called a drisheen, a local specialty in Cork.

The plant will grow slowly from seed and readily from root cuttings, from which it spreads quickly. The normal size in gardens is about three feet. The leaves are a deep green, finely cut, very pretty, the buttons make a lovely picture and last a long time.

Tansy contains volatile oil, wax, stearine, tannin, bitter resin, gallic acid and tanacetic acid. The tea is medicinal, made from an infusion of one level teaspoon of chopped leaves to one pint of boiling water, good gainst gout and fevers.

DHN EVELYN'S TANSIE

Take the gratings or slices of three Naples-biscuits, put them into half a pint of cream, with twelve fresh eggs, four of the whites cast out, strain the rest, and break them with two spoonsfull of rose-water, a little salt and sugar, half a grated nutmeg. And when ready for the pan, put almost a pint of the juice of spinach, cleaver, beets, corn-sallet, green corn, violet, or primrose tender leaves (for of any of these you may take your choice), with a very small sprig of tansie, and let it be fried so as to look green in the dish, with a strew of sugar, and store of the juice of orange. Some affect to have it fryed a little brown and crisp.

JOHN EVELYN, Acetaria, 1699.

APPLE TANSY

Pare your apples, cut them in thin round Slices, fry them in Sweet Butter; then beat half a score of eggs with a quart of cream, the juice of spinage and Tansy of each a quarter of a pint, and a little Rose-water; when these are beaten together pour them on your apples.

The Receipt Book of John Nott, Cook to the Duke of Bolton, 1723.

Thymes

WILD THYME (Thymus serpyllum). Mother-of-Thyme, Horse thyme, Shakespeare's thyme.
GARDEN THYME (T. vulgaris). Common thyme. Old form: Tyme, Time.
LEMON-SCENTED (T. citriodorus).
GOLDEN LEMON THYME (T. cit. variegata).
CARRAWAY-SCENTED (T. herba-barona).
CRIMSON-Flowered (T. coccineus).
WOOLLY (T. serpyllum lanuginosus).
WHITE-FLOWERING (T. serp. albus).
And many others ... such as Magic Carpet, Annie Hall's T. nitidus, T. micans, Silver Posie etc. Shrubs of the mint family.

Thyme, from Mattioli, 1583

Thyme, for the time it lasteth, yeeldeth most and best honni, and therefore in old time was accounted chief.
PLINY, Natural History, 1st C.

Being eaten with meat, it avails for the dull sighted. It is good instead of sauce for the use in health.
DIOSCORIDES, 1st C.

Thyme boyled in water & hony and dronken is good against a hard and painfull cough and shortnesse of breath ...

Thyme eaten in the morning fasting, and in the evening before supper is good for bleared and watering eyes, & the paine in the same and it is also good for the same purpose to be often used in meates.
REMBERT DODOENS, A niewe Herball (trans. Lyte), 1578

The first is our common creeping Time, which is so well knowne, that it needeth no description; yet this ye shall understand, that it beareth floures of a purple colour, as every body knoweth. Of which kinde I found another sort, with floures as white as snow, and have planted it in my garden, where it becommeth an herbe of great beauty ... The white kinde I found at South fleet in Kent. They floure from May to the end of Summer.
JOHN GERARD, The Herball, 1597

I know a bank whereon the wild thyme blows,
Where oxlips and the nodding violet grows.
Oberon in William Shakespeare's A Midsummer Night's Dream, Act II, Sc2.

Thyme craveth a place upon the Sunne neare unto the sea ... and also that it may grow the fairer and fuller leafe, it will be good to water the ground oft with water wherein hath been steeped for the space of one whole day drie Thyme somewhat bruised.
RICHARD SURFLET, The Countrie Farme, 1600.

Hymettus in Greece and Hybea in Sicily were so famous for Bees and Honni, because there grew such store of Tyme.
CHARLES BUTLER, The Feminine Monarchy, 1609

Time both seedes, slips and rootes are good. If it seede not, it will last three or foure years at most, it smelleth comfortably. It hath much use: namely, in all cold meates, it is good for Bees.
WILLIAM LAWSON, The Countrie Housewifes Garden, 1618

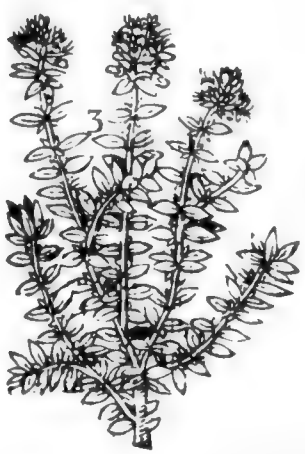
The ordinary Garden Thyme is a small woody plant with brittle branches, and small hard greene leaves, as every one knoweth having small white purplish flowers, standing round about the tops of the stalkes: the seed are small and browne, darker than Maielrome seed: the root is woody and abideth well divers Winters.
JOHN PARKINSON, Paradisus, 1629

These fragrant turfy plants tempt one to make edgings of them, and they charm so used on warm or calcareous soils, not so good on cold soils except on raised banks or rock garden. T. micans I use as a modest green edge.
WILLIAM ROBINSON, The English Flower Garden, 1883

Two or three tufts of this species of thyme. THYMUS CITRIODORUS, usually find a place in the herb compartment of the kitchen garden. It is a trailing evergreen, is of smaller growth than the ordinary common kind, and is remarkable for its smell, which closely resembles that of the rind of a lemon. Hence its distinctive name. It is used for some particular dishes, in which the fragrance of the lemon is desired to slightly predominate.
MRS ISABELLA BEETON, Household Management, 1888

Only an exceptionally dense person is insensible to the joy of walking over acres of thyme on the Surrey hills in midsummer, when the bees in thousands are robbing the thyme of its honey.
ELEANOUR SINCLAIR ROHDE, A Garden of Herbs, 1936.

A countryman cannot bring back from an afternoon walk a pocket filled with "odours from the spicy shore of Araby". But he can gather a handful of wild thyme and let it dry in the leeside of his capacious khaki jacket. It is a scent he loves. It is a sun-stored sweetness of a fading summer. On an upstate hillside it is a reminder of Hymettus, and the plant has, literally, a honeyed breath. For as many weeks as it takes the fragile stems, the tiny leaves and the be-loved blossoms to turn to powder in his ambulant pockets, he will carry with him the same fragrance that is crushed beneath a heifer's feet in a Delaware County field. A boy herding sheep in ancient Greece smelt the same perfume. A bee in ancient Greece sipped the same nectar. If a man wanted to allow himself the playful license of a punning columnist, he would say that here is the past flowering in the present time. More eternal than crumbled Grecian temples, the plant endures.
A POCKETFUL OF THYME, Editorial in the New York Herald Tribune, August 14, 1955.



Lemon thyme, from Parkinson's Paradisus, 1629

LEMON THYME (T. citriodorus).
The wilde Thyme that smelleth like unto Pomecitron or Lemon, hath many weake branches trayling on the ground ... with small darke greene leaves, thinly or sparsedly set on them, and smelling like unto a Lemon, with whitish flowers at the Toppes in roudels or spikes.
VARIEGATED LEMON THYME (T. cit variegata).
This kinde of wilde Tyme hath small hard branches lying or leaning to the ground, with small party coloured leaves upon them, divided into stripes or edges, of a gold yellow colour, the rest of the leafe abiding grene, which for the variable mixture or placing of the yellow, that caused it to be called embroydered or guilded Thyme.
JOHN PARKINSON, Paradisus, 1629.

There are so many different types of thyme — about 60 varieties according to botanists. You could have a garden made of nothing but different kinds of thyme.

They are small, woody sub-shrubs. Some hug the ground, others are upright. Some we grow for ground cover, others for their refreshing scent, some for seasoning, all for the joy and beauty of their leaves and flowers massed in a colourful carpet.

Today we can easily have the white flowering thyme (Thymus serpyllum albus) which John Gerard was so proud to have in his garden. There are thymes with leaves of variegated silver or gold at the edges, green leaves, and a grey woolly type. Flower colours include white, pink, lavender, mauve, purple and crimson.

They have a range of scents which include carraway, lemon, mint, pepper, pineapple, nutmeg and some more pungent odours. Some 17 varieties are available by mail order from the Beaufort Herb Farm at Cootamundra, New South Wales.

The common thyme of our gardens is Thymus vulgaris, a woody perennial. Usually it stays at about six inches in height, but may rise up to a foot high and spread 1 ½ feet. Its leaves are grey-green, tiny, set in pairs and dotted with scent glands. The vivid little flowers grow in whorls at the end of the spikes.

Thyme is increased by seed, cuttings, root division, or by replanting stems with a piece of root attached. Lemon thyme retains its perfume better if it is not grown from seed.

The wild thyme (Thymus serpyllum) or Mother-of-Thyme is more thickset. It is the source of many of the vari-scented and vari-coloured plants and makes a pretty ground cover. It was also called Shepherd's thyme and Shakespeare's thyme.

Caraway thyme (Thymus herba-barona), also called seedcake thyme, got its name because it was rubbed on a baron of beef in the Middle Ages. The various thymes are well described in **The Fragrant Garden,** by Louise Beebe Wilder, **The Golden Age of Herbs and Herbalists** by Rosetta E. Clarkson and by various writers in **Herbs for Use and for Delight,** compiled by the Herb Society of America.

The ancient Greeks used thyme as the emblem for courage, the Romans said it livened the spirits. It is antiseptic — the Greek name is derived from a word meaning to fumigate.

The Scots also thought wild thyme gave them courage and made it into a tea to stop nightmares. During the Wars of the Roses in England, Lancastrian ladies embroidered a bee hovering over a sprig of thyme on scarves they gave to their knights.

The Swiss boiled thyme with milk to cure a cough and today Thymol is the active ingredient in cough medicines. Use the leaves fresh, dried or powdered in soups, stews and stuffings (particularly poultry), meatloaf, fish, and cheese and egg dishes.

Grown in the sun in rockeries and in paved paths, thyme should flourish as it does on the rocky shores of the Aegean. It is a good complement to lavender.

The classic garden seat is a raised earth mound covered with thyme, for which the grey woolly thyme (Thymus serp lanuginosus), which looks and smells like grey velvet and has pink flowers, would be ideal.

HERB POWDER

Take fresh Marjoram, basil, bay-leaf, thyme, parsley, and dry in the sun until brittle, pick carefully off the stalk, and rub the leaves into a fine powder. Add a small quantity of dried and pounded lemon peel, allowing one saltspoonful of salt and a half a saltspoonful of pepper to each ounce of the powdered herbs. Take a piece of coarse muslin and sift the powdered mixture, then put in dry bottles and cork firmly. This powder is excellent for flavouring purposes.

MAUDE GRIEVE, Culinary Herbs and Condiments, 1933.

LEMON VERBENA IN THE WEST
By Bob and Phyl Tilt

As our part of Perth, Western Australia, is bottomless white sand and our garden not just a warm, sunny spot but exposed to flame-thrower type heat, we are growing more and more herbs under the south side of the house. Where our herbs are kept cool and moist they run riot and are, literally, trying to get into the house. Next year our vegies will be grown under shade, too!

The best source and range of herbs we've found in WA is the **Alpine Nursery,** 150 Armadale Road, Riverdale, Perth. It is owned and operated by Heini and Hilda Schuppli, a delightful and helpful couple originally from Switzerland.

The pride of our garden is a **Lemon-scented Verbena, ALOYSIA TRIPHYLLA** (syn Lippia citriodora). We obtained a cutting of this magnificent plant many years ago from an old homestead. It may be common in eastern Australia, but seems almost unknown in the West, which is a pity.

This woody evergreen grows to about six feet, with white racemes, four to six inches long, on the end of all new growth throughout summer and autumn. The lanceolate leaves are some three inches long, arranged in threes up the stem (hence the specific name) and release a strong lemon scent when brushed or watered.

The young growth is a delicious addition to salads if citrus fruit is unavailable. The leaves, fresh or dried, make a refreshing drink either hot or cold (using very hot water). When pruning, save all the leaves. These should be dried and stored for future use whenever lemon flavouring is required.

We've found that a large paper bag or bowl in a dark cupboard is ideal for drying. Leaves should be stirred every day until thoroughly dry.

Pencil-sized hardwood cuttings grow easily if watered (not just pushed) into their permanent location with an easterly aspect and protected from extremes of heat or cold. When planted they should show only about one to two inches above ground. As with many things, cuttings planted in early autumn develop roots before the soil gets too cold. In addition, the young foliage escapes the heat of summer (which has caused our only losses to date).

TO MAKE AROMATIC VINEGAR

Aromatic vinegars for use as a face-wash or hair-rinse are made by steeping one ounce of either lavender flowers, rosemary, orris root, oil of lavender, bergamot and other fragrant herbs — or any combination of these — in white wine vinegar for two to three weeks. Strain off the herbs and bottle.

The blacke, or purple Violet.

Violet, from Dodoens, 1578

VIOLET (Viola odorata). Perennial.
Sweet violet. Old form: vyolette, blacke or purple violet,
March violet (N. Hemisphere),
Violet family.

Neither the rose no the lylie may over-passe the violet, neither in beaute, neither in strenghe or vertue, neither in odour.

MACER'S HERBAL, Circa 10th C

Violet is a lytyll herbe in substaunce and is better fresshe and newe than whan it is olde. And the floure thereof smelleth moost, and so the smell thereof abateth heate of the braine, and refreshyf and comfortyth the spirites of feeling and maketh sleepe, for it cooleth and tempereth and moysteneth the braine. And the more vertuous the floure thereof is, the more it bendyth the heed thereof downwarde. Also floures of spryngnge tyme spryngeth fyrste and sheweth somer. The lytlynes thereof in substance is nobly rewarded in gretnesse of savour and vertue.

BARTHOLOMAEUS ANGLICUS, De Proprietatibus Rerum, 1280 (trans. John de Trevisa, 1398).

HE sweete Garden or Marche violet, creepeth alongst the ground like the strawberie plant fastening itselfe and taking roote in divers places: his leaves be rounde and blackish . . . amongst the whiche leaves there springeth up fayre & pleasant floures of a darke blew colour . . .

The sweete violet (as the Emperor Constantine wryteth) was called in Greek Ion, after the name of that sweete guirle or pleasant damosell to, which Jupiter, after that he had gotte her with childe, turned her into a trim Heafer or gallant Cowe, bycause that his wife Juno (beying bothe an angry and Jelous Goddesse) should not suspect that he loved Ion. In the honour of which his Io, as also for her most delicate and holsome feeding, the earth at the commaundement of Jupiter, brought foorth violettes . . . Nicander wryteth that the name of Ion was given unto Violettes, bycause of the Nymphes of Ionia, who firste of all presented Jupiter with these kindes of floures.

The Decoction of Violets is good against hoate fevers, and the inflammation of the liver, and all other inwarde partes, driving forth by siege the hoate and cholerique humors. The like propertie hath the iuyce, & syrupe, or confertue of the same.
REMBERT DODOENS, A niewe Herball (trans Lyte), 1578

Syrope of vyolettes I mach in this maner — Sethe vyolettes in water and let it lye all nyght in ye same water, than poure and streyne out the water and in the same put sugre and make your syrope.
GRETE HERBALL, 1526.

For them that may not slepe for sickness, seeth this herb in water and at even let him soke well hys feete in the water to the ancles, and when he goeth to bed, bind of this herbe to his temples and he shall slepe wel, by the grace of God.
ANTHONY ASKHAM, A Lytel Herball, 1550.

The Violets called the blacke or purple violets, or March Violets of the garden, have a great prerogative about others, not only because the mind conceiveth a certain pleasure and recreation by smelling and handling those most odoriferous floures, but also for that very many of these violets receive ornament and comely grace: for there be made of them garlands for the head, nosegaies and poesies, which are delightful to looke on and pleasant to smel to, speaking nothing of their appropriat vertues: yea gardens themselves receive by these the greatest ornament of all, chiefest beauty, and most excellent grace, and the recreation of the minde which is taken hereby cannot be but very good and honest; for they admonish and stir up a man to that which is comely and honest; for floures through their beauty, variety of colour, and exquisit forme, do bring to a liberall and gentle manly minde, the remembrance of honestie, comlinesse, and all kindes of vertues: for it would be an unseemly and filthy thing (as a certain wise man saith) for him that doth looke upon and handle faire and beautiful things, to have his mind not faire, but filthy and deformed.

The floures are good for all inflammations, especially of the sides and lungs; they take away the hoarsenesse of the chest, the ruggednesse of the winde-pipe and jawes, and take away thirst.
JOHN GERARD, The Herball, 1597.

Violets dim,
But sweeter than the lips of Juno's eyes,
Or Cytherea's breath.
Perdita in William Shakespeare's The Winter's Tale, Act IV, Scene 3

He that shall have taken a blow upon the head, so that it hath astonished him, shall not have anie greater hurt, if presently after such a blow he drinke Violet flowers stampt, and continue the same drinke for a certaine time . . . The flowers of March Violets applied unto the brows, doe assuage the headach, which commeth of too much drinking and procure sleepe.
RICHARD SURFLET, The Countrie Farme, 1600.

In a rosery of Fetter Lane of Gerard, herbalist, he walks, greyedauburn. An azured harebell like her veins. Lids of Juno's eyes, violets.
JAMES JOYCE, Ulysses, 1922.

Why we do not grow more of the fragrant violets in our gardens is a mystery. The leaves are lush and green and even if the flowers hide behind them, their fragrance is so pervasive one can smell it from afar. Planted under yellow or pink roses or under white tulips they are the most poetic of ground covers. In Spain, flower beds are carpeted with them to act as a mulch.
HELEN MORGENTHAU FOX, Gardening with Herbs, 1933.

Many poems and songs have been written about the sweet violet, the emblem of love, constancy and faithfulness. Shakespeare referred to violets 18 times in his plays and sonnets.

In ancient Greece, the tiny violet was the flower of Aphrodite and of Priapus, the child of Apollo, who was depicted as a gardener carrying a pruning knife. The violet was a flower used in garlands.

The Romans and Persians made violet wine and in the Middle Ages in Europe the first violet of spring caused rejoicing.

There are 600 known kinds of violets. The familiar type has dark green, heart-shaped leaves, with the flowers growing on stems from the roots, deep in colour and in scent. Violet was once used as a commercial perfume, but this has largely been replaced by powdered orris root because of the cost of extraction.

Sow seed in autumn in shade or semi-shade, or take root cuttings or runners in winter. Violet makes a beautiful ground cover or border and can be massed under trees or in a rockery.

The leaves are mainly used in salads, pottage and conserves and contain vitamin C. Add to mixed green salads, wines and jellies or use the leaves for fritters.

Violet vinegar is made by steeping the flowers in white wine vinegar. The dried leaves made into tea, or added to other herbal teas, are said to be good for the kidneys.

Violet conserve: Beat the flowers and leaves to a pulp and add three times their weight of honey or raw sugar and mash into a smooth paste.

A WAY TO MAKE SUGER-PLATE BOTH OF COLOUR AND TASTE OF ANY FLOWER

Take violets, and beat them in a mortar with a little hard sugar; then put into it a sufficient quantitie of Rose-water; then lay your gum arabic to steep in the water, and so work it into paste; and so will your paste be both the colour of the violet and of the smell of the violet. In like sort you may worke with Marigolds, Cowslips or any other flowers.

SIR HUGH PLAT, Delightes for Ladies, 1594

TO MAKE SIRROP OF VIOLETS

First gather a great quantity of violet flowers and pick them clean from the stalkes and set them on the fire and put to them so much rose-water as you think good. Then let them boil all together untill the colour be forth of them. Then take them off the fire and strain them through a fine cloth, then put so much suger to them as you thinke good, then set it againe to the fire until it be somewhat thick and put it into a violet glasse.

THOMAS DAWSON, The Good Huswifes Jewel, 1587

SYRUP OF FLOWERS (VIOLETS, POPPIES, ETC)

To half a pound of flower heads allow 1½lb sugar and half a cup of water. Crush the flowers in a mortar. Boil the sugar and water to a syrup and add the flowers when boiling. Allow to come to the boil five or six times over a very slow fire. Stir with a wooden spoon. Strain and pour into pot or bottle while hot.

Another method is to add one ounce of glycerine to the syrup and seal in fruit bottles. Pour over ice-cream and puddings for dessert.

Oils & salves

OYLE OF CAMOMILE

To make oyle of camomile, take a quart of sallet oyle and put it into a glasse, then take a handful of camomile and bruise it, and put it into the oyle, and let them stand in the same twelve daies, onely you must shift it every three dayes, that is to straine it from the old camomile, and put in as much of new, and that oile is very soveraine for any griefe proceeding from cold causes.

GERVASE MARKHAM, A Way to Get Wealth, 1631

HERB OILS

You can make herb oils for perfume, as ointment or for salads and cooking. Use vegetable oils such as safflower, sunflower, peanut or olive oil.

The Greeks and Romans used flowers steeped in oil as perfume.

For a scented oil, collect fragrant flowers, such as rose petals and leaves of sweet-smelling herbs like lavender or rosemary. Crush them to a pulp and add to the oil in a tightly closed glass jar. This is placed in sunlight, or in sand where the temperature is high.

The best proportion is two teaspoons of flowers or sprigs of herbs to each pint of oil. Strain after a fortnight, discard the plants and re-bottle. The herbs scent and colour the oil.

The oil may be used as a skin cleanser, perfume or deodorant. If using olive oil, add a little vinegar and you have an **aromatic suntan lotion.**

A herb cooking oil is made the same way, using combinations of herbs to make your own personal salad or cooking medium. A quicker way to make herb cooking oil is to add one teaspoon of each herb, say rosemary and oregano, and two cloves of garlic, to oil in a frypan over a low heat. Cook for ten minutes. Strain through cheesecloth and store for use in a glass jar.

Fragrant rubbing lotions for tired limbs are made by infusing herbs in rubbing alcohol. Place sprigs of thyme, lavender, rosemary, mint or lemon balm into a wide-mouthed jar. Pour over the alcohol and let it stand two weeks, shaking occassionally. Strain and rebottle.

HERBAL OINTMENTS & SALVES

In William Turner's time, and until the 19th century, ointment was made out of hog's grease mixed up with herbs and flowers ground to a powder in a mortar. Wax and turpentine were often added.

The best way to make a salve these days is to pound up the leaves or roots of the herb needed (such as comfrey, for healing cuts) and mix in with vaseline.

Another method: mix 6oz coconut fat, 4oz of the dried herb and 1oz beeswax in a saucepan (not aluminium) and put over a low heat for 1½ hours. Pour off into containers (old cosmetic or ointment jars).

HERB-SCENTED CANDLES

Melt refined paraffin, then add either fragrant oils or distilled oils bought at the chemist, or powdered aromatic herbs. Stir thoroughly. Dip the candles quickly in the melted perfumed wax.

You may need to dip candles or tapers several times until you think there is enough covering them. Colour may also be added.

Bibliography

A bibliography, in short title form, of the major sources which we have consulted for our herbal anthology. It is divided into sections covering books about herbals, original herbals consulted (either in special collections at the State Library of NSW or on microfilm), then farm and garden books, other works, such as cookbooks, older manuscripts published more recently and secondary sources.

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Flowers in History, Peter Coats, Weidenfeld and Nicholson, London, 1970, 264 pp.

The Old English Herbals, Eleanour Sinclair Rohde, Dover Publications, Inc, New York, 1971, 243 pp. (First published 1922.)

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1525 — **Banckes' Herball:** Here begynnyth a new mater, the whiche sheweth and treateth of ye vertues and proprytes of herbes, the whiche is called an Herball .. Imprynted by me Rycharde Banckes, dwelling in London.

1526 — **The Grete Herball,** which is translated out of ye French into Englysshe. Peter Treveris. No copies of 1516 edition exist.

1550 — **A lytel herball** of the properties of herbs newly amended and corrected ... made and gathered ... by Anthonye Askham, Phisycyon.

1551 — **A new Herball,** wherein are conteyned the names of Herbes in Greke, Latin, Englysh, Dutch, Frenche, and in the Potecaries and Herbaristes Latin ... gathered and made by Wylliam Turner, Phisicion unto the Duke of Somersettes Grace, Imprinted at London by Steven Mierdman.

1578 — **A Niewe Herball** or Historie of Plants, by D. Rembert Dodoens, translated out of French into English, by Henry Lyte Esquyer ... Imprinted at Antwerpe, by me Henry Loe' Bookeprinter, 779 pp, 870 figs.

1584 — **Haven of Health** ... a handbook for the health of Oxford students, by Thomas Cogan.

1597 — **The Garden of Health:** containing the sundry rare and hidden vertues and properties of all kindes of Simples and Plants ... Gathered by the long experience and industry of William Langham, Practioner in Physicke, London. Dated 1579, as printer's error.

1597 — **The Herball** or Generall Historie of Plantes. Gathered by John Gerarde of London Master in Chirurgerie. Imprinted at London by John Norton, 1392 pp, 1800 figs.

1629 — **Paradisi in Sole Paradisus Terrestris.** A Garden of All Sorts of Pleasant Flowers ... collected by John Parkinson Apothecary of London.

1640 — **Theatrum Botanicum:** The Theatre of Plants or a Herball of a large extent ... collected by the many yeares traveile, industry and experience in this subject, by John Parkinson Apothecary of London and the King's Herbarist. Printed by Tho Coates, 1755 pp.

1652 — **The English Physician** Or an Astrologo-physical Discourse of the Vulgar Herbs of this Nation Being a Compleat Method of Physick whereby a man may preserve his Body in health; or cure himself, being sick, for three pence charge, with such things one-ly as grow in England, they being most fit for English Bodies. by N. Culpeper, Student in Physick and Astrology.

1656 — **The Art of Simpling.** An Introduction to the Knowledge and Gathering of Plants. Wherein the Definitions, Divisions, Places, Descriptions, Differences, Names, Vertues, Times of flourishing and gathering, Uses, Temperatures, Signatures and Appropriations of Plants, are methodically laid down. By W. Coles.

1694 — **The Compleat Herbal of Physical Plants** ... by John Pechey, Of the College of Physicians, in London. Printed for Henry Bonwicke.

1755 — **The Family Herbal** ... intended for the use of families. By Sir John Hill, MD, FRA of Science at Bordeaux.

1756 — **The British Herbal:** an History of Plants and Trees, Natives of Britain, cultivated for use, or Raised for Beauty. By John Hill. MD London, 532 pp and index. Coloured plates.

RECENT SOURCES

The Greek Herbal of Dioscorides, Illustrated by a Byzantine AD 512, Englished by John Goodyer, Edited and first printed AD 1933, by Robert T. Gunther, Hafner Publishing Co, New York, 1959, 701 pp, 396 figs.

A Middle English Translation of **Macer** Floridus de Viribus Herbarum, ed Gosta Frisk, English Institute of Uppsala, Sweden, 1949, 338 pp. **Agnus Castus,** A Middle English Herbal, Reconstructed from Various Manuscripts, ed Gosta Brodin, English Institute, University of Uppsala, Sweden, 1950, 329 pp.

Avicenna's Poem on Medicine, Haven C. Krueger, Charles C. Thomas, Springfield, Illinois, 1963, 112 pp.

FARM AND GARDEN

1563 — **A most briefe and plesaunt treatyse** ... by Thomas Hyll, Londyner. Imprinted by Thomas Marshe.

1568 — **The proffitable Arte of Gardening,** by Thomas Hyll. Imprinted at London by Thomas Marsh.

1577 — **The Gardeners Labyrinth:** Containing a discourse of the Gardeners life in the yearly travels to be bestowed on his plot of earth, for the use of a Garden ...

Gathered out of the best approved writers of Gardening, Husbandrie, and Physicke: by Didymus Mountaine. Printed at London by Henry Bynneman.

1573 — **Five hundred points of good husbandry** united to as many of good huswiferie ... Set forth by Thomas Tusser gentleman. Imprinted by Rychard Totell.

1600 — Maison Rustique or **The Countrie Farme.** Compiled in the French tongue by Charles Stevens and John Liebault Doctors Of Physicke. And translated into English by Richard Surflet Practioner in Physicke. Printed in London.

1617 — **The Countrie Housewifes Garden.** Containing Rules for Hearbes of common use. Together with the Husbandry of Bees ... London. (William Lawson.)

1618 — **A New Orchard & Garden** or the best way for planting, grafting and to make any ground good, for a rich orchard: Particularly in the North parts of England ... being the labours of forty-eight years of William Lawson.

1613 — **The English Husbandman.** The first Part: Contayning the knowledge of the true Nature of every Soyle within this Kingdome: how to Plow it; and the manner of the Plough, and other Instruments belonging thereto. Together With That Art of Planting, Grafting and Gardening after our latest and rarest fashion. By Garvis Markham, London.

1638 — **A Way to Get Wealth** ... The first five Bookes gathered by G. M. (Gervase Markham). The last by Master W. L. (William Lawson). Printed by EG for John Harrison.

1658 — **The French Gardiner:** Instructing How to cultivate all Sorts of Fruit-Trees and Herbs for the Garden: Together with directions to dry and conserve them in their Natural (John Evelyn).

1644 — **Kalendarium Hortense:** or the Gard'ners Almanac, Directing What he is to do Monethly throughout the Year and What Fruits and Flowers are in Prime. By John Evelyn Esq, Fellow of the Royal Society. London.

1693 — **The Compleat Gard'ner:** or Directions for Cultivating and Right Ordering of Fruit-Gardens and Kitchen-Gardens ... by the famous Monsr. De La Quintinye, Chief director of all the Gardens of the French-King. Made English by John Evelyn Esquire, Illustrated with Copper Plates, London.

1699 — **Acetaria:** A Discourse of Sallets. by JESRS Author of the Kalendarium (John Evelyn). London, Printed for B. Tooke.

1677 — **Systema Horticulturae:** or, the Art of Gardening. By J. W. Gent (John Worlidge).

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Leaves from Gerard's Herball, Dover Publications, Inc, New York, 1969 (first published 1927), a selection by Marcus Woodward, 305 pp.

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OTHER WORKS

1527 — **The virtuose boke of Distyllacion** of the waters of all maner Herbes ... Master Jherom Brunswyke ... newly translated out of Duyche into Englysshe.

1587 — **The good huswifes Jewell,** Wherein is to be found most excellent and rare Devises for Conceits in Cookerie, found out by the practise of Thomas Dawson. London.

1594 — **The Jewell House of Art and Nature,** Sir Hugh Platt.

1625 — **The Essays or Counsels,** Civil and Morall, of Francis Lo. Verulam Viscount St Albans (Francis Bacon).

1654 — **The Art of Cookery,** by Joseph Cooper (Cook to Charles I).

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The Herb Garden, Frances A. Bardswell, Adam & Charles Black, London, 1911, 173 pp.

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Handbook on Herbs, Brooklyn Botanic Garden, 1974, 93 pp (first published 1950).

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The Fragrant Garden, Louise Beebe Wilder, Dover Publications, Inc, New York, 1974, 407 pp (first published 1932).

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BOOKS

How to Grow Herbs, a Sunset Book, Lane Books, Menlo Park, 1974, 80 pages, large format. This is an excellent introduction to herb growing, priced at $1.95 at newsagents.

The Penguin Book of Herbs and Spices, Rosemary Hemphill, Penguin Books, London, 1971, 187 pp is a guide to flavours and scents to grow yourself. At bookshops, or by mail from **Somerset Cottage,** 745 Old Northern Road, Dural, NSW, 2158, at $2.10, plus 60 cents postage. Send 20c sae for a list of other books by Rosemary Hemphill.

The Rodale Herb Book, ed William H. Hylton, Rodale Press, Emmaus, Pennsylvania, 1974, 653 pp. This is a comprehensive and recent handbook on how to grow, and use herbs, with a very good section on dyeing. Price $12.95, plus $1.20 in NSW, $1.90 other states postage, from Publishers Distributors, 104 Bowden Street, West Ryde, NSW, 2114. Send 18c sae for list of books on organic gardening and herbs.

The Book of Herbs, by Dorothy Hall, **Herbs for Daily Use,** by Mary Thorne Quelch and **Herbs, Flavours and Spices,** by Elizabeth S. Hayes, are among books on herbs available by mail from Soil and Health Publications, Delaneys Road, Warranwood, Victoria, 3134. Send 20c sae for a list.

These are suggested reading. You will find dozens of books on herbs at your local library and bookshops and particularly at the State Libraries in capital cities.

Natural Rearing tablets and herbal treatments for animals, developed by Juliette de Baracli Levy, are available from her Australian agent, at 43 Georges River Crescent, Oyster Bay, NSW, 2225. Send 20c sae for details.

Herbal Handbook for Farm and Stable, Juliette de Baracli Levy, Faber and Faber, 274 pp. This is her famous veterinary herbal, a hardback book, available from Natural Rearing Foods and Herbs, 43 Georges River Crescent, Oyster Bay, NSW, 2225. Price $8, plus postage $1.20.

Herbal Handbook for Everyone, Juliette's herbal of medicinal and culinary herbs for people, is available at $7.50, plus postage of 85c.

HERB SUPPLIES BY MAIL

SEEDS

Beaufort Herb Farm, PO Box 90, Cootamundra, NSW, 2590. Catalogue 60c posted.

Melody Farm Nursery, 616 Old Northern Road, Dural, NSW, 2158. Send 20c sae for list.

Somerset Cottage (Hemphills Herbs & Spices Pty Ltd), 745 Old Northern Road, Dural, NSW, 2158. Send 20c sae for list.

New Gippsland Seed Farm, Queens Road, Silvan, Victoria, 3795, has a range of herb seeds and vegetable seeds. Send 30c for catalogue.

PLANTS

Beaufort Herb Farm, PO Box 90, Cootamundra, NSW, 2590. Catalogue 60c posted.

Erdman's Cottage Herbs, 59 Maiden Street, Greenacre, NSW, 2190. Send 20c sae for list.

Mitchell Lilydale Herb Farm, Mangans Road, Lilydale, Victoria, 3140. Catalogue 60c posted.

Warrandyte Herbs, Hunchy Road, Palmwoods, Queensland, 4555 (Margaret Green). Catalogue 2 x 18c stamps.

DRIED HERBS

Hygienic Products, 104 Bowden Street, West Ryde, NSW, 2114. Send 18c sae for list.

Newton's Pharmacy, 323 Pitt Street, Sydney, NSW, 2000. Send 18c sae for list.

OTHER SOURCES

The Parsley Patch, 40 Unley Road, Unley (Adelaide), has herb plants, spices, cookery and herb books, pottery and kitchen items. Robin and Christopher Bannerman.

Stall 47, Paddys Market, Haymarket, Sydney (Saturdays) — Maureen Wishart and Maxine McDonald. Herb plants.

Stall 36, Flemington Market, Sydney (Fridays) — Maxine McDonald. Says Maxine: "Our prices range from 50c for most things to $1 for lavenders and rosemary, $1.50 for lemon grass and $2-3 for bay and elderberry trees, depending on size. We are willing to trade, but suggest you phone first before turning up at our stall with a chook on a piece of string, or a genuine hand-woven toilet roll cover." Phone: (047) 57 1154 (Wentworth Falls) and Maureen 869 2130 (Epping).

Beverley Carter-Jameson, phone: 631 8261 (Girraween), writes: "Owing to an oversupply of some of my valued plants, I have begun to sell some of my herbs." She has a good range.

Jan and Michael Bailes have herbs for sale at Eastwood (Sydney), phone 638 6254.

Woodlea Herb Nursery, MS118, Warra, Queensland, 4411. Loraine Body has a nursery and display garden.

Elvyn Park Herbs, Portsmouth Road, Erina, NSW, 2250.

Mrs Enid Carbery is confined to a wheelchair, but still keeps a herb garden and Khaki Campbell ducks. To buy plants, telephone her first, 80 4127. She is in Hawthorn (Melbourne).

Culpepers are herb and spice merchants at 23 Phillimore Street, Fremantle, WA. Also at Fremantle Markets, Friday and on Saturday morning (spong grinders for sale, too). Don Scott and Don Whittington.

Berrima Lavender Farm, Market Place, Berrima, NSW, 2577, is open at weekends to sell lavender and a wide range of other herbs. Cynthia Begbie is also willing to help people seeking rare medicinal herbs. Send sae with inquiry.

Meadow Herbs, PO Box 57, Mt Barker, SA, 5251 (Charles & Pauline Moss).

Green Witch Nursery, Avenue Road, Stirling, SA, 5152.

Brammovale Herb Farm, 293 Pinjarra Hills Road, Pinjarra Hills, Brisbane (Mrs Clairy Venables).

The Northern Institute of Botanic Medicine, run by Simon L. Schot, at "Mt Orah", Mapleton, Queensland, 4560, has a correspondence course in herbal medicine, also in organic farming and gardening, iridology and dietetics and nutrition. Mr Schot once ran an old world garden in Epping, Sydney, with 300 varieties of herbs.

The Shire of Eltham **Living & Learning Centre** at 739 Main Road, Eltham, has a herb gardening course among its many activities. It's run by Judy Wadham, and we hope to have an article from her in EG16.

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Land Lines

Land lines is a free service for Earth Garden *readers. It is intended to help those seeking to buy or sell land, or search for it, and those joining together for group land buying or allied reasons.*

Readers must give their full names and addresses as proof of their sincerity. They have the responsibility to thoroughly check all deals. Please keep them short!

We have recently bought a one third share in 154 acres of mixed hills, cleared and wooded, and flats, at the end of a valley in northern NSW. There are three permanent creeks and a large, man-made lake. The farm is very secluded, one mile of "mud and grass" track from the nearest bitumen road.

We are now living on the land and anticipate clearing some land for fruit trees and a vegetable garden. Our hope is to be able to support ourselves from the land, without turning it into a commercial proposition or harming the abundant wildlife. There is a one third share still for sale, including a partially built brick house, for $12,000. There is plenty of room for responsive co-operation and individual projects. This is a high rainfall area, of great natural beauty.

For more details, write: Mike Lickfold and Alison Lee, Co/- PO Burringbar, via Murwillumbah, NSW, 2480.

We are leaving, with some sadness, our 130 acre farm to begin another nearby. So the farm is for sale. It is situated in the coastal rain-forest area of Byfield on the central Queensland coast. We have enjoyed living there and feel it would suit some Earth Garden type people.

Two creeks and a dam provide our water and there is irrigation equipment. There is a 500-tree citrus orchard in full production, a large shed, tractor and implements, 240-volt lighting plant. There are some goats who live here and like it and would probably prefer to stay. Byfield is remote and peaceful and likely to remain so. Thank heavens! We don't think $35,000 is too much to ask.

Estelle and Lance Harp, MS 142 Byfield Road, via Yeppoon, Qld, 4703.

We are a young couple living in Sydney, just waiting for Kathy to finish her studies in August before we set off on a trip around Australia. We will be looking for land to put into practice what we have read in Earth Garden. If there are readers who are already established, we would appreciate visiting you and seeing your methods.

Kathy and Peter Tattersfield, 9/241 Old South Head Road, Bondi, NSW, 2026.

Is anyone interested in buying land co-operatively, farming it subsistently and living on it communally, with about four or five others? At present I am renting a house in the country and anyone interested in such a venture could spend some time here. I would like to settle in the Bega district, NSW.

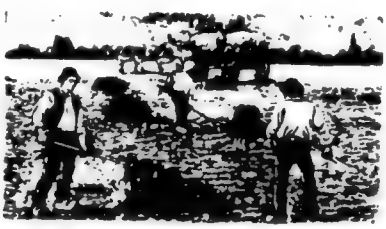
Chris Gleeson, Edi Upper RSD, Victoria, 3678.

I am 30 years old, strong, fit, with a great love of life. I have $4000 saved and wish to purchase a block with the prospect of becoming self-sufficient. I am touring Australia in my Ford Transit, with my dog, Bronson, and my guitar, and would be interested in hearing from people already on the land who would allow me to visit and maybe work awhile.

Peace and happiness, John Mathersul, C/- 49 Ballantine Road, Warwick, WA, 6024.

We are interested in purchasing some land — 20 acres — for around $5000 or less. So far, by looking through the Brisbane papers, no land for even near that price seems to be available. The area we are interested in is northern NSW or southern Queensland.

Teddi Lee, 35 Daventry Street, Hill End, Qld, 4101.



Here is an SOS. We are a youngish family of five, gone bush with intentions of self-sufficiency. We are at Mt Cole, near Beaufort, Victoria, on 50 acres.

A local farmer is putting up for sale 100 acres or so which adjoins our block and the Mt Cole National Forest. The land is divided into 4 blocks — 35 acres of bush, 19 acres bush, 24 acres granite boulders (15 of which is pasture) and 9 acres of grass. They are to be sold as one block.

At the price asked it must be a desirable block, with 180 degrees of view (N-SW), and elevation of 1800-2000 feet, 28-30 inches rainfall and at least one permanent spring. The price is around $300 per acre. We are anxious to see people (a family or group) of our ilk become our neighbours. Contact us quickly. Malcolm Thain, C/- R. Reid, Clover Hill, RSM, Raglan, Beaufort, Victoria, 3373.

We would be interested in hearing from some active retired pensioner who may like to help us by caretaking when we are away, and helping with the vegies and Angora goats. We've got 22 acres here.

Pam and Ray Howe, Lot 28, Hotz Road, Jimboomba, Qld, 4280.

I'm after a simple life, mostly associated with the land, but I'm a city slicker, pretty ignorant of nature. I need a simple shelter, simple gear, within reach of an ocean and a town. I'm an agnostic humanist, not attachable to specific theories of social or religious belief, but appreciate everyone's trip.

I'm not an organic gardening disciple, but I know what's intended. I'm not a total vegetarian, but I feel what is meant by it. I have some capital. Is there anyone from Nimbin to Cairns that could help me? And anyone I could help?

Frank Hainsworth, 511 Station Street, Carlton, Victoria, 3054.

I want to join a co-op. I have tried for four years to do it on my own (I'm single). All I did was to become a "successful commercial beekeeper". When I am away, watching my bees, the garden dries out, I can't have animals, etc. It's back to square one.

Henry Maizonnier, C/- PO Goroke, Victoria, 3412.

We are a young couple who live on an ex-banana farm. Our present ambition is to establish ourselves as apiarists and sell honey locally on a small scale. To this end we are building up to an anticipated maximum of 120 hives (about 50 in operation so far).

We also have 10 acres of tropical rain-forest on a mountainside for sale, $1000 an acre, near main road, permanent water, no power, work available on surrounding banana farms.

Call in, 10 miles from Tully along Mission Beach Road, or write PO Box 564, Tully, Qld, 4854 — Roy and Linda Longford.

We have 94 acres of land for sale, four miles south of Childers, on the Old Bruce Highway, fronting the Isis River. It is cleared and ploughed along the old highway, running into light timbered country and then dropping down a 300-yard strip of rain-forest fronting the river. The minimum size of a block is 20 acres, priced from $10,000.

Contact Ian and Patricia Walker, PO Box 82, Childers, Qld, 4660. (Phone 2594.)

We have for sale 25 acres in a beautiful river valley about 12 miles from Bellingen on the mid-north coast of NSW. It is part of a 400-acre farm, collectively owned with four other families who formed a company when originally buying the farm.

Our portion is roughly bounded by two small permanent streams, is mostly cleared, undulating and has some beautiful views up the river valley. There is a 15ft caravan with annexe, LP gas stove and fridge. We are asking $6500 for the land and van.

Please write: Craig Forbes, C/- 279 Napier Street, Strathmore, Victoria, 3041.

More beautiful land for sale adjoining Obi Obi Valley Company (land line EG 13). We would like Earth Garden people as neighbours. There is 60 hectares (150 acres) for $20,000 to share or subdivide. Soil suits organic farming, vegs, fruit and nuts. Permanent creek frontage and swimming.

Enquiries to Elspeth Hagenow, 28 Aspland Street, Nambour, Qld, 4560.

What began as a quiet Easter weekend search for a small acreage has now become an occupation and a delight, for we have been appointed "caretakers" at Newton Boyd, 9000 acres former cattle property now being broken up. This could be an ideal location for genuine earth-lovers of limited means looking for a 5 or 10 acre section.

There is no reticulated water, no town, no store, no police station or post office, no hospital and no school for about 50 miles ... the State school has recently closed due only to a lack of pupils. Permanent style housing is not permitted by the Nymboida Shire Council which says the area will remain under-developed for at least 10 years.

The country is magnificent, the seclusion enviable, and the peace indescribable. The land is available in 5-acre lots (or multiples thereof) as under $900 per lot on a "tenancy-in-common" basis. Come and look. There are lovely camping sites beside the Boyd River, which forms a part of the southern boundary.

Serenity to all, Hilda and Lee Newport, Newton Boyd Estate, Old Glen Innes Road, Newton Boyd, NSW, 2460.

The Thooruna Village Trust is still trying to get off the ground to buy the 2000 acres needed for our rural co-operative. There are already two houses on the land and permission can be granted for five more.

We need people. Write urgently to John Hazeldine, Thooruna Village, C/- 17 Links Avenue, Cabramatta, NSW, 2166.

We would like to offer assistance to any EG readers seeking land in our area. We could help with localities, council problems, farm and land prices and also as a base from which to look for land.

In return we would ask that you help with food and your blankets in winter and a bit of notice beforehand. We are a family of ... teacher, father; homekeeper, mother; four kids, dog, cat, chooks and two cows. We live on half an acre with an old but comfy house which we are renovating in the heart of Taree.

We have just bought 40 acres at Moorland, 22 miles from here, on which we plan to live self-sufficiently in a few year's time. We would like to hear from EG readers in our area to share ideas and plans.

Please call and see us, John and Jo Holland, 117 Albert Street, Taree, NSW, 2430.

We are a family who are looking to buy land in north NSW-Qld. We would like about 15 acres and upwards of fertile, semi-cleared land with a perennial water supply, hopefully near a country school. A dwelling on the property would be lovely, but not essential as we wish to build our own home.

Thanks, please contact Dotty Biedron, 10 St Georges Road, North Fitzroy, Victoria, 3068.

I would like about 10-30 acres in the Bellingen district of NSW. It would need to be hilly bush with a northerly aspect and if possible water and access — $200 per acre maximum. Will consider a larger area if the price is right and willing to share in buying land with others. I am a vegetarian naturalist. Ahisma harmony.

Rob Knell, C/- St Pauls' High School, Kempsey, NSW, or C/- R. Durham, 21 Brereton Street, Gladesville, NSW.

A Craft Community village is our vision, with "craft unit" participants working for the benefit of the whole community. We are still sorting out our ideas and would like to hear from people proficient in one or more crafts.

Write: Craft Community, Harvey and Zabette Tirrell, 3 Branston Avenue, Devon Park, SA, 5008.

We have for sale a block of land of 11 acres, fertile soil in picturesque range country, 12 miles from Toowoomba, Queensland — $6500. Also we want to subdivide an area into 2 x 16 hectares with creek frontages in the same area — $9800.

John and Claire Baines, Rockmount, Helidon, Queensland, 4344.

We are about to go "on-the-road" for a while and are wondering if anyone can give us advice on what basic beans, sprouts and indoor greens we could grow in a garden box in our van? Also we'd like to meet people already into a natural, fairly self-sufficient way of life who wouldn't mind us stopping by for a visit.

Take care, Russell and Rory, 8 Jersey Road, Paddington, or 46 Court Street, Windsor, NSW, 2756, after July.

Farm for sale, far north coast of NSW. Just been subdivided into three parts (2 x 5 acres and 1 x 45 acres) making it ideal for co-operative buying. Views to coast and mountains, grassed ridges and slopes and timbered valleys with tropical growth. Three streams fed from springs, deep rich, red volcanic soil. Central position, 15 miles to Byron Bay, 13 miles to Mullumbimby.

Contact Sally Cornall, C/- Mrs Weldon, Wilsons Creek, Mullumbimby, NSW, 2482.

Wanted — 30 to 50 acres in northern NSW. Can be hilly or rocky, but must be frost-free, with permanent running water, and cheap!

Geoff Law, 44 Dunstable Street, Sunnybank, Queensland, 4109.

We are looking for a small block of land close to Hobart where I slave from 9-5. We'd like about 10 acres, preferably with water and power. Because of our shortage of funds, we'd like to team up with another person (or people) to buy together.

All the best, Rick, Lyn and Lawrence Calitz, Flat 13, 10 Ballawinne Road, Lindisfarne, Tasmania, 7015.

We are looking for Earth Garden people to look after our vacant Atherton Tableland property. Living on one acre on the coast, we don't find enough time to spend there. There is about 7 hectares, a permanent creek runs along the boundary. Elevation and cooler weather of the Tablelands allows the growing of a wide range of plants, both tropical and temperate.

A ready market exists for vegetables, mainly in coastal cities. Some help and advice could be given if required.

For details write: Hans and Sheila Schmid, Box 155, Mossman, N Qld 4873.

We are looking for 30 families or more to set up a self-sufficient lifestyle on the Atherton Tablelands with organic gardening, arts, crafts, etc. We have in mind to purchase a large dairy farm for income at the moment. We are looking for people of all ages, but no religious cranks, please. We envisage each family having their own piece of land with house, garden, etc.

Please write: John Lees, MS 216, East Palmerston, Nth Qld, 4860.

My wife and I wish to start a group living project in North Queensland. Some of the salient points would be: each family to have the largest acreage possible, so that food animals can be grazed with minimum disturbance to the environment. Each family should have maximum privacy, it should be away from densely populated areas, no cannabis plantations. Its own school — I can organise the setting-up and am a school teacher. We want the same, or better, standard of living than the average urbanite. We would be interested also in any group already established which has a vacancy.

Brian Davey, State School, Sarina, Qld, 4737.

Landbridge is a co-op group which issues a newsletter covering much the same area as land lines, getting people together and listing land opportunities. Membership is $1 per adult per year, or send 20c sae for fuller details. Meetings 7.30 pm each third Monday of the month.

Landbridge, 461 Ann Street, Brisbane, Qld, 4000.

Eventually we want to move to the Mudgee area and build/buy something small on a little bit of land out of town somewhere. I'm obliged to send the girls to State School, so we'll have to be on a bus route. Could anyone in the area write to me with a bit of practical advice on schools, council, price and availability of land? I'm hoping there are a few other like-minded folks about. We're quiet people, vegetarians, keen on organic gardening and herbal medicine and we do meditation.

Love and peace, Lyn, Melanie (9), and Suellen (7), 15 Moyran Parade, Grays Point, NSW, 2232.

We are after 5 acres of land here in the Mackay district at a reasonable price.

B. A. and A. M. Higgins, 5 Ibis Street, Slade Point, Mackay, Qld 4741.

I would love to get out of the city and into natural living. For several years I have been living as naturally as possible in this sort of atmosphere (being a vegan, growing my own vegetables and using natural materials). If there is anyone who needs someone to help on their land, I would be happy to help, in return for the sheer experience of living naturally.

Tracy Baker, 28 Bilkurra Avenue, Bilgola Plateau, NSW 2107.

1/20th share in 1300 acres natural bushland in foothills beside Mt Walsh National Park near Maryborough. Share includes personally-owned 10 acres fenced with timber cottage, 2 dams, windmill, creek, garden, privacy and peace for $9000. Finance arranged if necessary.

Carl Treers, "Utopia Farm", C/- PO Broweena, Qld 4620.

We have 80 acres for sale, surrounded by forestry land, 15 miles inland from the Sunshine Coast and five miles from town. Only 10 acres are cleared and contain a well-established citrus and nut orchard and a banana plantation. We live in a smallish but adequate house, with a really beautiful garden. We have permission to subdivide 10 acres which contain a creek. Price is $6000 for the 10 acres and $34,000 for 70 acres and house. They can be sold together or separately.

Rosemary and John Latto-O'Brien, PO Box 55, Cooroy, Qld, 4563.

Telowie, South Australia: We have for sale a farm of 22 acres, with light, sandy soil in the frost-free belt between the Flinders Ranges and Spencers Gulf, 150 miles north of Adelaide. The main crop is winter tomatoes and capsicums.

Improvements include a renovated mudbrick and stone five-room cottage with electric hot water service and stove, other up-to-date conveniences. There is also a large shed and a 20,000 gallon tank filled from the mains, which we use for flood irrigation.

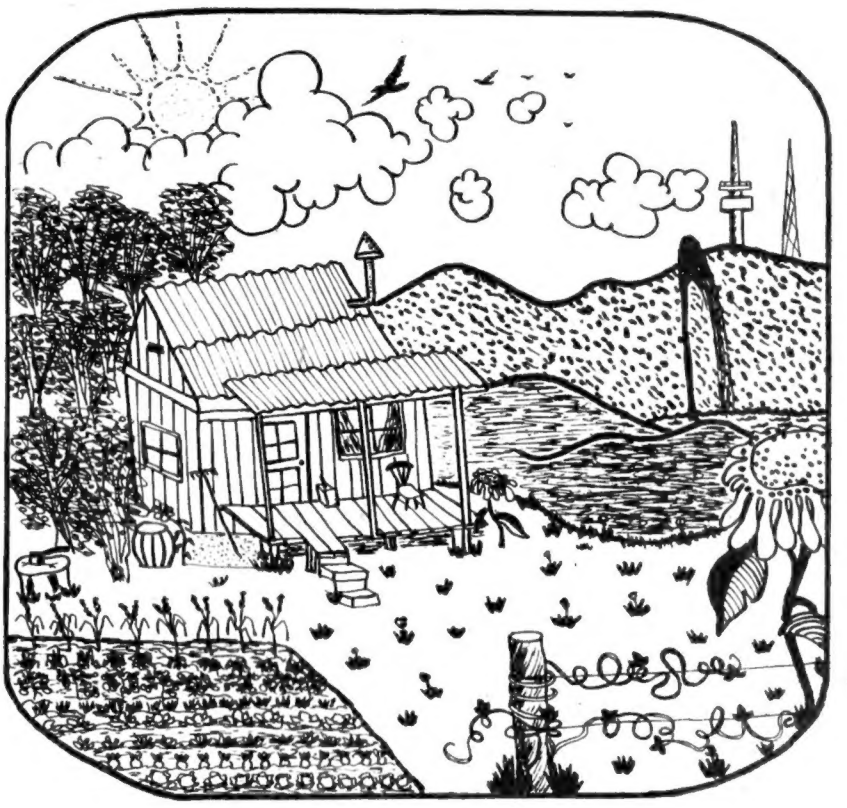
Equipment includes tractor, old combine seeder, water cart, etc. We are asking $19,250. Any offers?

John Odgers and Rosie Nicholls, Box 530, Port Pirie, SA 5540.

Early in 1977 we are setting out on a working holiday and hope to find a farm on which to settle at the same time. Initially we would like to rent or lease before buying. During our search we would like to visit Earth Garden people and see what they are doing and how they have established themselves.

We would welcome correspondence from readers in Queensland, from Townsville south to the border, who would allow us to visit, also in NSW as we will be travelling there. If anyone has a farm for rent or lease, or just "take care" in Queensland, we would like to hear from them. References can be supplied.

Rural peace, Ann, Noel, Desmond, Virgil and Justin Groves, 9 Noongah Street, Currajong, Hermit Park, Qld 4812.



Hello there! Anyone for a working holiday? I have 33 acres overlooking Ballina and need strong Earth Gardeners for brushing, fencing and gardening. Accommodation and food for work. Plenty of free time. Please no drinkers, smokers or drug-takers.

Please write: Elizabeth Benecke, Tuckombil, via Alstonville, NSW 2477.

We are a young couple with two children seeking to form a co-operative community as an alternative to suburban, nuclear-family living. We have bought 130 acres of good arable land overlooking the Colebrook Valley, 35 miles from Hobart and wish to share with tolerant, like-minded people who are prepared to work.

We envisage a community based on agriculture and crafts with, if necessary, outside casual work to maintain a reasonable standard of living. We welcome an exchange of ideas with people who are interested in this kind of lifestyle.

Write with details to Gerry and Louke Balding, PO Colebrook, Tas 7203.

We would like to meet anyone who is interested in buying into 100 acres of land at Glen Davis, 40 miles north of Lithgow, NSW. There are seven who own the land, but we would like a couple more people. About 10 acres are suitable for gardens, the rest is medium bush on land which slopes up to some large cliffs.

There is no water problem — we have a windmill and concrete tank on the land. There are no buildings as yet, but we can connect electricity to a shed. Access is easy and there is a river close by. Shares are $1600 each.

Please write: David Mateer, 11/81 Francis Street, Bondi, NSW 2026.

Canadian couple, pioneering background, in Australia 15 years, non-vegetarian, non-denominational, creative, willing to invest with up to four other couples likeminded, over 30 years old, in farmland, within 200 miles of Sydney. We want to be self-sufficient eventually, producing our own organic food and animals. Like to meet you.

Cliff and Janice Moore, C/- PO Glebe, NSW 2037.

We are a German and an Australian with a young son, at present living in Germany. We are returning this October and would very much like to join a group of people living a natural life. We haven't any practical experience (being a photographer and telephonist), but we are completely fed up with our way of life in the city.

We won't have too much money left over when we get there as all our savings are going on fares to the place we think our son can best grow up healthy.

Greetings, Frank, Lynne and Erik Rosenzweig, Weisser Hauptstr. 12, 5 Koln 50, West Germany.

ORGANIC GARDENING is the title of a new Rigby Instant Book prepared by Audrey Windram and the South Australian Branch of the Soil Association ... it manages to cover the subject well, including compost, pests, companion plants and beneficial herbs ... and costs only 45 cents!

Thousands of people are expected to take part in ORGANIC FESTIVAL AUSTRALIA on the long weekend, October 1-4, at Luddenham, west of Sydney at the showground ... and at Sunset Vista farm, Bringelly, on the Sunday afternoon for practical demonstrations of composting, gardening, companion plants and liquid manuring ... The festival is being organised jointly by the Natural Health Society, the National Health Federation and the Organic Growers Association of NSW.

You can camp in tent or caravan, stay nearby at motels and hotels, or travel to Luddenham daily to hear speakers and meet organic people ... for information send sae to the Secretary, Mrs A. F. Lubke, PO Box 2, Bringelly, NSW, 2171, or telephone (047) 74 8146.

THE ORGANIC GARDENER AND FARMER is a new magazine, edited by David Stephen ... subscription is $6 per year and includes membership of The Organic Gardening & Farming Society of Tasmania ... secretary is Joy Smith, Yolla, Tasmania, 7325.

RADICAL TECHNOLOGY is a Penguin book edited by Godfrey Boyle and Peter Harper of the English Undercurrents magazine ... it covers food, shelter, energy, autonomous houses ... we liked best John Seymour's cogent views on organic gardening and farming.

An OPEN DAY will be held on Sunday, October 10, at Josephine Richardson's lovely Sahara Farm in Robson Road, Kenthurst, outside Sydney ... we always enjoy it there.

LAWRENCE D. HILLS, founder of the Henry Doubleday Research Association, will visit Australia in October and November ... for information on his itinerary contact: David Stephen, 12 Delta Avenue, Taroona (Tasmania), Graham Irvine, C/- PO Nimbin, NSW, 2484, Dr Michael Walker, C12 Habitat, 62 Great Eastern Highway, Riverdale (WA), David Crossley, School of Environmental Studies, Griffith University, Nathan (Queensland) and in Sydney: June Fear, Greggs Road, Kurrajong.

Mr Hills is an associate editor of The Ecologist and a prolific author and expert on organic gardening, comfrey, alpines and composting.

BOGG — The Brisbane Organic Growers Group of the HDRA is now an active organisation, with regular meetings and field days ... meetings are at the CWA Hall, 89 Gregory Terrace, Brisbane, on the first Thursday of each second month at 8 pm ... films at the next on August 5.

Dear friends,

At last our **Lytel Herball** is in print! It's involved quite a lot of research and scholarship since we decided to do a special issue on herbs and herbals. That was four years ago in Melbourne, when we first saw a copy of John Gerard's 1597 **Herball**.

Although we've added an extra 16 pages, we had so much good information that we decided to make this a 'herbs only' issue and hold over different subjects like Neil Douglas' bush sketches, feedback on the hydraulic ram, news of growing communities, notes on goat-keeping and lots more.

All this together with some of the herbs that didn't fit into this issue (like comfrey, lavender and yarrow) will be in Earth Garden 16, out at the end of this year, with details of publishing plans for 1977.

We've moved again and we're now based at Epping (we have to start yet another garden from scratch). Our new address is: PO Box 378, Epping, NSW, 2121.

THE EARTH GARDEN BOOK

The EG Book sold so well that it's been out of stock in bookshops for some time. However, the publishers, Thomas Nelson (Australia), have ordered another edition, which is due soon. The price will still be $6.95 — or order by mail from us at $7.55, including packaging and posting.

EG16 will mark four years of Earth Garden, so we've decided to make a special offer — all 16 issues for $20.50 posted anywhere in Australia. The order form is opposite.

We'd like to thank Jan and Michael Bailes, Dot and Doug Wale and Maureen Wishart for loaning us their precious books — and everyone else who helped us with the **Herball**. We weren't able to get copies of **Herbal Simples**, by Dr W. T. Fernie or **The Book of Herbs**, by Lady Rosalind Northcote, and would love to borrow or buy second-hand copies of these.

Peace & love,
Irene & Keith

EG1: MOVE OUT ... BACKYARD FARM ... KIBBUTZ & MOSHAV ... FOOD CO-OP ... MONT-SALVAT ... EARTHWORMS ... COMPOST ... MULCH ... GROW BEAN SHOOTS ... FRED ROBINSON ... COMFREY ... HERBS ... NO DIG.

EG2: START A GARDEN ... THE RODALE WAY ... NEIL DOUGLAS ON THE ART OF GARDENING ... FORAGING ... THE GOOD LIFE ... KEYLINE FARMS ... ORGANIC GROUPS ... WHAT'S WRONG WITH FOOD? ... HYDROPONICS.

EG3: MAGIC HERBS ... A COMPOST BOX ... GARLIC SPRAY ... KEEPING GOATS ... COMPANION PLANTS ... MUDBRICK BUILDING ... GEODESIC DOMES ... JEFF'S WATERWHEEL ... BREAD ... POTTERY ... SPINNING ... VEGIES ... SALADS.

EG4: BEE ISSUE — A PLEASANT TREATISE TOUCHING ON HISTORY, BEE-LORE, HONEY, PRACTICAL BEEKEEPING & SOURCES ... TASMANIA ... THE TRANSITION ... BLACK SHEEP ... TANNING ... ANDREW'S CANDLES ... DONKEYS ... MORE BREAD.

EG5: WIND ISSUE — WINDMILLS, WIND PUMPS, GENERATORS & SOURCES ... RAKU POTTERY ... JUST 9 ACRES ... FEEDWELL FOUNDRY ... THE CINVA RAM ... TOOLS ... FLOWERPOTS ... KEEPING FOWLS ... HAMBURGHS ... MOON PLANTING ... THE BUSH ... GRAIN MILLS.

EG6: SOLAR 1 — SCIENCE & SUN ... SOLAR COOKER ... A SUNDIAL ... THE LOST WORLD ... CEMENT-RENDER ... SHALOM, LAND OF PLENTY ... CAJUN COOKIN' ... HEALTHY HORSES ... CRYSTAL HILL ... SPIRIT OF NIMBIN ... COND-WANALAND JIGSAW ... TASSAJARA BREAD.

EG7: SOLAR 2 — HOT WATER ... SOLAR HEATER ... FLIGHT FROM THE CITY ... GOOD COMPANY ... LAND ... TITLES ... MAPS ... ANGORA GOATS ... MAKE A LEATHER BAG & BELT ... MUSHROOMS ... START A SCHOOL ... SCHOOL GARDENS ... NATURAL DYES ... MUDBRICKS AGAIN.

EG8: GAS POWER — METHANE ... WATER-WASTE-FUEL-FOOD CYCLE ... POWER FROM THE PIGPEN ... GYPSY TRUCK ... BEES, GOATS, ¾-ACRE ... CUMBUNGI HATS ... HARMONY FARM ... TAPERS & CANDLES ... FAMILY A-FRAME ... SOURDOUGH ... CONSERVATION KIDS ... COUNTRY COTTAGES & GARDENS.

EG9: GAS POWER 2 — ALTERNATIVES TO PETROL ... LPG FUEL ... SEPTIC GAS ... MARY'S PLACE ... STONE RUBBLE BUILDING ... OATS ... MACROBIOTICS ... DUCKS ... HORSE & CART ... OLIVES ... RUG FRAME ... FRUIT & FLOWER WINES ... ORGANIC FARMING ... MONOCULTURE ... HOW TO KILL A PIG.

EG10: TREVOR'S GRANITE HOUSE ... NODDY'S DOME ... JARRAH SHINGLES ... MUDBRICKS YET AGAIN ... THE AUTONOMOUS HOUSE ... BAMBOO FLUTES ... BIO-DYNAMICS ... GEESE & GUINEA FOWL ... CHIP HEATER ... A TANDEM ... GAS AGAIN ... SQUASH ... FULL INDEX TO OUR FIRST 9 ISSUES.

EG11: WATER ISSUE ... FARM DAM ... HYDRAULIC RAM ... WATER WHEELS ... A MILLER'S TALE ... THE SEED PRIMER ... AT HOME IN QUEBEC ... OKRA ... TOMATOES ... SOFT TECHNOLOGY ... SOLAR SPACE HEATERS ... START WITH HENS ... BOX ... BEDS ... GINGER BEER ... WINE.

EG12: KEEPING FOOD — DRYING ... SALTING ... BOTTLING ... STORING ... BEAN FEAST ... TAHU ... WILD FOODS ... TOBACCO ... DIVIDE & MULTIPLY ... PAINLESS DIET ... PLANS FOR A SOLAR WATER HEATER (PART I) ... SOLAR COOKER BLUEPRINT ... SOLAR STILLS X-RAY DANGER ... SITTING ON PILLOWS.

EG13: BUSH ISSUE — MEN WITH AXES ... BARK HUT ... TIM & RAYA ... ANIMAL, VEGETABLE, MINSTREL ... CURNOW'S FOREST ... WOODCHIPS ... YOUR NATIVE GARDEN ... FLORA & FAUNA ... WILD PLACES ... WILDLIFE ... NATIONAL PARKS + BUSHCRAFT ... WOOD FUEL ... STRAW & PAPER GARDEN ... SOLAR HOT WATER PLANS

EG14: SELF-SUFFICIENTY — ROBINSON CRUSOE, THOREAU, THE SWISS FAMILY, HELEN & SCOTT NEARING ... THE TRANSITION ... THE SHOCK ... PLAN YOUR LIFE ... BARTER ... GARDENS FOR ALL ... BOTOBOLAR GRAPES ... ABIGAIL'S GOATS ... BUSH OUT OF PLACE ... SAVE A RAIN-FOREST ... TRY MILLET ... WE BUILT IN STONE.

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